

# MENU PLANNER

WEEK OF \_\_\_\_\_

|           | BREAKFAST                           | LUNCH                                  | DINNER              |
|-----------|-------------------------------------|--|---------------------|
| MONDAY    | Low Calorie<br>Blueberry<br>Waffles | Low Calorie Chicken                    | Low Calorie Chicken |
| TUESDAY   | Low Calorie<br>Breakfast<br>Bowls   | Low Calorie<br>Meal Prep<br>Salad Jars |                     |
| WEDNESDAY | Low Calorie<br>Blueberry<br>Waffles | Low Calorie Chicken                    |                     |
| THURSDAY  | Low Calorie<br>Breakfast<br>Bowls   | Low Calorie<br>Meal Prep<br>Salad Jars |                     |
| FRIDAY    | Low Calorie<br>Blueberry<br>Waffles | Low Calorie Chicken                    |                     |
| SATURDAY  | Low Calorie<br>Breakfast<br>Bowls   | Low Calorie<br>Meal Prep<br>Salad Jars |                     |
| SUNDAY    | Low Calorie<br>Blueberry<br>Waffles | Low Calorie Chicken                    |                     |