

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Blueberry Waffles	Low Calorie Chicken Quinoa Tabbouleh	Low Calorie Weight Loss Salad
TUESDAY	Low Calorie Breakfast Bowls	Low Calorie Meal Prep Salad Jars	Low Calorie Taco Salad
WEDNESDAY	Low Calorie Blueberry Waffles	Low Calorie Chicken Quinoa Tabbouleh	Low Calorie Chipotle Chicken Quesadilla
THURSDAY	Low Calorie Breakfast Bowls	Low Calorie Meal Prep Salad Jars	Low Calorie Greek Salad w/ Grilled Chicken
FRIDAY	Low Calorie Blueberry Waffles	Low Calorie Chicken Quinoa Tabbouleh	Low Calorie Fish Sticks & Cucumber Salad
SATURDAY	Low Calorie Breakfast Bowls	Low Calorie Meal Prep Salad Jars	Low Calorie Sweet and Sour Chicken
SUNDAY	Low Calorie Blueberry Waffles	Low Calorie Chicken Quinoa Tabbouleh	Low Calorie High Protein Chicken Wraps