

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Greek Ch	Low Calorie Spinach Pasta Skillet
TUESDAY	Low Calorie Protein	Low Calorie Chicken Caesar Salad	Low Calorie Burger Tacos
WEDNESDAY	Low Calorie High Pi		Low Calorie Pesto Chicken Sandwiches
THURSDAY		Low Calorie Chicken C:	Low Calorie High Protein Mac & Cheese
FRIDAY		Low Calorie Greek Ch	Low Calorie BBQ Chicken Sandwiches
SATURDAY			Low Calorie High Protein Pizza
SUNDAY	Low Calorie High Pi	Low Calorie Greek Ch	