

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Greek Chicken Salad	Low Calorie Spinach Pasta Skillet
TUESDAY	Low Calorie Protein Meal Replacement Smoothie	Low Calorie Chicken Caesar Salad	Low Calorie Burger Tacos
WEDNESDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Greek Chicken Salad	Low Calorie Pesto Chicken Sandwiches
THURSDAY	Low Calorie Protein Meal Replacement Smoothie	Low Calorie Chicken Caesar Salad	Low Calorie High Protein Mac & Cheese
FRIDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Greek Chicken Salad	Low Calorie BBQ Chicken Sandwiches
SATURDAY	Low Calorie Protein Meal Replacement Smoothie	Low Calorie Chicken Caesar Salad	Low Calorie High Protein Pizza
SUNDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Greek Chicken Salad	Low Calorie Chicken Stir Fry