

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Veggie Sandwich Wraps	Low Calorie Shak
TUESDAY	Low Calorie Mango Protein Smoothie Bowls	Low Calorie Turkey Avocado Wraps	
WEDNESDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Veggie Sandwich Wraps	
THURSDAY	Low Calorie Mango Protein Smoothie Bowls	Low Calorie Turkey Avocado Wraps	
FRIDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Veggie Sandwich Wraps	
SATURDAY	Low Calorie Mango Protein Smoothie Bowls	Low Calorie Turkey Avocado Wraps	
SUNDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Veggie Sandwich Wraps	