

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Veggie Sandwich Wraps	Low Calorie Shakshuka
TUESDAY	Low Calorie Mango Protein Smoothie Bowls	Low Calorie Turkey Avocado Wraps	Low Calorie Tacos (Fish or Chicken)
WEDNESDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Veggie Sandwich Wraps	Low Calorie Chicken Caesar Salad
THURSDAY	Low Calorie Mango Protein Smoothie Bowls	Low Calorie Turkey Avocado Wraps	Low Calorie Grilled Salmon/Chicken & Asparagus
FRIDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Veggie Sandwich Wraps	Low Calorie Sheet Pan Nachos
SATURDAY	Low Calorie Mango Protein Smoothie Bowls	Low Calorie Turkey Avocado Wraps	Low Calorie Slow Cooker Pot Roast
SUNDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Veggie Sandwich Wraps	Low Calorie Spaghetti Bolognese