

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Breakfast Smoothies	Low Calorie "No Cook" Bagel Lunch Sandwich	Low Calorie PROTEIN Mac and Cheese
TUESDAY	Low Calorie "Meal Prep" Bagel Breakfast Sandwich	Low Calorie Teriyaki Chicken Meal Prep Lunches	Low Calorie Chicken Lettuce Wrap Tacos
WEDNESDAY	Low Calorie Protein Breakfast Smoothies	Low Calorie "No Cook" Bagel Lunch Sandwich	Low Calorie Arby's "Copycat" Roast Beef Sandwiches
THURSDAY	Low Calorie "Meal Prep" Bagel Breakfast Sandwich	Low Calorie Teriyaki Chicken Meal Prep Lunches	Low Calorie Monterey Chicken
FRIDAY	Low Calorie Protein Breakfast Smoothies	Low Calorie "No Cook" Bagel Lunch Sandwich	Low Calorie "Fat Burning" Weight Loss Salads
SATURDAY	Low Calorie "Meal Prep" Bagel Breakfast Sandwich	Low Calorie Teriyaki Chicken Meal Prep Lunches	Low Calorie Chicken Piccata Pasta
SUNDAY	Low Calorie Protein Breakfast Smoothies	Low Calorie "No Cook" Bagel Lunch Sandwich	Low Calorie High Protein "Sloppy Joe" Stuffed Zucchini