

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Brea	Low Calorie "No "	Low Calorie PROTEIN
TUESDAY	Low Calorie "Meal Pre	Low Calorie Teriyaki Ch	
WEDNESDAY	Low Calorie Protein Brea	Low Calorie "No "	
THURSDAY	Low Calorie "Meal Prep" Bagel Breakfast Sandwich	Low Calorie Teriyaki Ch	
FRIDAY	Low Calorie Protein Brea	Low Calorie "No "	
SATURDAY	Low Calorie "Meal Pre	Low Calorie Teriyaki Chicken Meal PrepLui	
SUNDAY	Low Calorie Protein Brea	Low Calorie "No "	