

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Protein Packes Pesto Chicken Pitas	Low Calorie Vegetarian Weight Loss Salad
TUESDAY	Low Calorie Cranberry Orange Scones	Low Calorie Protein Vegetarian Salad Jars	
WEDNESDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Protein Packes Pesto Chicken Pitas	
THURSDAY	Low Calorie Cranberry Orange Scones	Low Calorie Protein Vegetarian Salad Jars	
FRIDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Protein Packes Pesto Chicken Pitas	
SATURDAY	Low Calorie Cranberry Orange Scones	Low Calorie Protein Vegetarian Salad Jars	
SUNDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Protein Packes Pesto Chicken Pitas	