

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	Low Calorie High Protein Taco Salads
WEDNESDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Protein Packes Pesto Chicken Pitas	Low Calorie High Protien Hawaiian Chicken
THURSDAY	Low Calorie Cranberry Orange Scones	Low Calorie Protein Vegetarian Salad Jars	Low Calorie Protein Packed Poke Bowls
FRIDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Protein Packes Pesto Chicken Pitas	Low Calorie High Protien Butter Chicken
SATURDAY	Low Calorie Cranberry Orange Scones	Low Calorie Protein Vegetarian Salad Jars	Low Calorie Salisbury Steak & Mashed Potatoes
SUNDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Protein Packes Pesto Chicken Pitas	Low Calorie High Protein Chicken Pad Thai