

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chia Seed Yogurt Breakfast Bowls	Low Calorie Tuna Melt Sandwiches	Low Calorie High P
TUESDAY	Low Calorie Overnight Oats	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	
WEDNESDAY	Low Calorie Chia Seed Yogurt Breakfast Bowls	Low Calorie Tuna Melt Sandwiches	
THURSDAY	Low Calorie Overnight Oats	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	
FRIDAY	Low Calorie Chia Seed Yogurt Breakfast Bowls	Low Calorie Tuna Melt Sandwiches	
SATURDAY	Low Calorie Vegetable Frittata	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	
SUNDAY	Low Calorie Chocolate Chip Protein Pancakes	Low Calorie Tuna Melt Sandwiches	