

MENU PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|-----------|---|---|--|
| MONDAY | Low Calorie Chia Seed Yogurt Breakfast Bowls | Low Calorie Tuna Melt Sandwiches | Low Calorie High Protein Mac & Cheese |
| TUESDAY | Low Calorie Overnight Oats | Low Calorie Arby's "Copycat" Roast Beef Sandwiches | Low Calorie Chicken Taquitos & Cauliflower Rice |
| WEDNESDAY | Low Calorie Chia Seed Yogurt Breakfast Bowls | Low Calorie Tuna Melt Sandwiches | Low Calorie BBQ Chicken Sandwiches |
| THURSDAY | Low Calorie Overnight Oats | Low Calorie Arby's "Copycat" Roast Beef Sandwiches | Low Calorie "No Cook" Turkey Spinach Wrap |
| FRIDAY | Low Calorie Chia Seed Yogurt Breakfast Bowls | Low Calorie Tuna Melt Sandwiches | Low Calorie Bean and Cheese Burritos |
| SATURDAY | Low Calorie Vegetable Frittata | Low Calorie Arby's "Copycat" Roast Beef Sandwiches | Low Calorie Salisbury Steak |
| SUNDAY | Low Calorie Chocolate Chip Protein Pancakes | Low Calorie Tuna Melt Sandwiches | Low Calorie Air Fryer Chicken Breast |