

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Wraps	Low Calorie "No Cook" Lunch Wraps	Low Calorie Tomato Feta Zucchini Pasta
TUESDAY	Low Calorie Granc	Low Calorie Protein F	Low Calorie Protein Packed Taco Salads
WEDNESDAY	Low CalorieBrea		Low Calorie Chinese Sesame Chicken
THURSDAY			Low Calorie Crockpot Curry Lentil Soup
FRIDAY			Low Calorie Shrimp Caesar Salad
SATURDAY	Low Calorie Granc		Low Calorie Grilled Chicken Sandwiches
SUNDAY			Low Calorie Sweet an