

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 Granola Bran Muffins	Low Calorie Protein Packed Chickpea Salad	Low Calorie Protein Packed Taco Salads
WEDNESDAY	Low Calorie Breakfast Wraps	Low Calorie "No Cook" Lunch Wraps	Low Calorie Chinese Sesame Chicken
THURSDAY	Low Calorie Granola Bran Muffins	Low Calorie Protein Packed Chickpea Salad	Low Calorie Crockpot Curry Lentil Soup
FRIDAY	Low Calorie Breakfast Wraps	Low Calorie "No Cook" Lunch Wraps	Low Calorie Shrimp Caesar Salad
SATURDAY	Low Calorie Granola Bran Muffins	Low Calorie Protein Packed Chickpea Salad	Low Calorie Grilled Chicken Sandwiches
SUNDAY	Low Calorie Breakfast Wraps	Low Calorie "No Cook" Lunch Wraps	Low Calorie Sweet and Sour Chicken