

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Meal Prep Chicken Quinoa Slaw	
TUESDAY	Low Calorie Chia Seed Protein Breakfast Bowls	Low Calorie Chicken Caesar Salad	
WEDNESDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Meal Prep Chicken Quinoa Slaw	
THURSDAY	Low Calorie Chia Seed Protein Breakfast Bowls	Low Calorie Chicken Caesar Salad	
FRIDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Meal Prep Chicken Quinoa Slaw	
SATURDAY	Low Calorie Chia Seed Protein Breakfast Bowls	Low Calorie Chicken Caesar Salad	
SUNDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Meal Prep Chicken Quinoa Slaw	