

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Meal Prep Chicken Quinoa Slaw	Low Calorie Crockpot Chili
TUESDAY	Low Calorie Chia Seed Protein Breakfast Bowls	Low Calorie Chicken Caesar Salad	Low Calorie Crockpot Barbacoa Beef Tacos
WEDNESDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Meal Prep Chicken Quinoa Slaw	Low Calorie 30 Minute Minestrone Soup
THURSDAY	Low Calorie Chia Seed Protein Breakfast Bowls	Low Calorie Chicken Caesar Salad	Low Calorie Protein Chili Mac and Cheese
FRIDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Meal Prep Chicken Quinoa Slaw	Low Calorie Smothered Crockpot Chicken
SATURDAY	Low Calorie Chia Seed Protein Breakfast Bowls	Low Calorie Chicken Caesar Salad	Low Calorie High Protein Pot Roast
SUNDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Meal Prep Chicken Quinoa Slaw	Low Calorie High Protein Pizza