

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Meal Prep Salad Jars	
TUESDAY	Low Calorie Protein Cottage Cheese Toasts	Low Calorie Quinoa Lunch Bowls	
WEDNESDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Meal Prep Salad Jars	
THURSDAY	Low Calorie Protein Cottage Cheese Toasts	Low Calorie Quinoa Lunch Bowls	
FRIDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Meal Prep Salad Jars	
SATURDAY	Low Calorie Protein Cottage Cheese Toasts	Low Calorie Quinoa Lunch Bowls	
SUNDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Meal Prep Salad Jars	

VEGETARIAN OR MEATY- YOU CHOOSE