

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Meal Prep Salad Jars	Low Calorie Spicy Asian Noodles
TUESDAY	Low Calorie Protein Cottage Cheese Toasts	Low Calorie Quinoa Lunch Bowls	Low Calorie Taco Casserole
WEDNESDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Meal Prep Salad Jars	Low Calorie Grilled Cheese + Tomato Soup
THURSDAY	Low Calorie Protein Cottage Cheese Toasts	Low Calorie Quinoa Lunch Bowls	Low Calorie Fajitas (Veg or Meat)
FRIDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Meal Prep Salad Jars	Low Calorie (Slow Cooker) Corn Chowder
SATURDAY	Low Calorie Protein Cottage Cheese Toasts	Low Calorie Quinoa Lunch Bowls	Low Calorie High Protein Pasta Casserole
SUNDAY	Low Calorie Protein Breakfast Sandwiches	Low Calorie Meal Prep Salad Jars	Low Calorie Pesto Pizza

VEGETARIAN OR MEATY- YOU CHOOSE