

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Cottage Cheese Breakfast Bowls	Low Calorie Chicken Tabbouleh Meal Prep Salads	
TUESDAY	Low Calorie High Protein Oatmeal	Low Calorie Chickpea Meal Prep Salads	
WEDNESDAY	Low Calorie Protein Cottage Cheese Breakfast Bowls	Low Calorie Chicken Tabbouleh Meal Prep Salads	
THURSDAY	Low Calorie High Protein Oatmeal	Low Calorie Chickpea Meal Prep Salads	
FRIDAY	Low Calorie Protein Cottage Cheese Breakfast Bowls	Low Calorie Chicken Tabbouleh Meal Prep Salads	
SATURDAY	Low Calorie High Protein Oatmeal	Low Calorie Chickpea Meal Prep Salads	
SUNDAY	Low Calorie Protein Cottage Cheese Breakfast Bowls	Low Calorie Chicken Tabbouleh Meal Prep Salads	