

MENU PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|-----------|--|--|---|
| MONDAY | Low Calorie Protein Cottage Cheese Breakfast Bowls | Low Calorie Chicken Tabbouleh Meal Prep Salads | Low Calorie White Chicken Chili |
| TUESDAY | Low Calorie High Protein Oatmeal | Low Calorie Chickpea Meal Prep Salads | Low Calorie High Protein Fish Taco Bowls |
| WEDNESDAY | Low Calorie Protein Cottage Cheese Breakfast Bowls | Low Calorie Chicken Tabbouleh Meal Prep Salads | Low Calorie Crockpot Chicken Stew + Low Cal Bread |
| THURSDAY | Low Calorie High Protein Oatmeal | Low Calorie Chickpea Meal Prep Salads | Low Calorie Smothered Crockpot Chicken + Low Cal Bread |
| FRIDAY | Low Calorie Protein Cottage Cheese Breakfast Bowls | Low Calorie Chicken Tabbouleh Meal Prep Salads | Low Calorie Chicken Burger + Low Cal Sweet Potato Fries |
| SATURDAY | Low Calorie High Protein Oatmeal | Low Calorie Chickpea Meal Prep Salads | Low Calorie French Onion Soup |
| SUNDAY | Low Calorie Protein Cottage Cheese Breakfast Bowls | Low Calorie Chicken Tabbouleh Meal Prep Salads | Low Calorie Pizza and Buffalo Wings |