

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Meal Prep Waldorf Salad	Low Calorie Sheet Pan Pizza
TUESDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Buddha Bowls	Low Calorie Slow Cooker Chicken Tacos
WEDNESDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Meal Prep Waldorf Salad	Low Calorie Slow Cooker Potato Soup
THURSDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Buddha Bowls	Low Calorie Caprese Paninis
FRIDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Meal Prep Waldorf Salad	Low Calorie Chicken Alfredo
SATURDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Buddha Bowls	Low Calorie Albondigas Soup
SUNDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Meal Prep Waldorf Salad	Low Calorie Sheet Pan Nachos