

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Meal Prep Waldorf Salad	
TUESDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Buddha Bowls	
WEDNESDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Meal Prep Waldorf Salad	
THURSDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Buddha Bowls	
FRIDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Meal Prep Waldorf Salad	
SATURDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal P	
SUNDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Meal Prep Waldorf Salad	