

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Tacos	Low Calorie "No Cook" Vegetarian Protein Salads	
TUESDAY	Low Calorie Protein Peanut Butter Banana Waffles	Low Calorie High Protein Burrito Bowls	
WEDNESDAY	Low Calorie Breakfast Tacos	Low Calorie "No Cook" Vegetarian Protein Salads	
THURSDAY	Low Calorie Protein Peanut Butter Banana Waffles	Low Calorie High Protein Burrito Bowls	
FRIDAY	Low Calorie Breakfast Tacos	Low Calorie "No Cook" Vegetarian Protein Salads	
SATURDAY	Low Calorie Protein Peanut Butter Banana Waffles	Low Calorie High Protein B	
SUNDAY	Low Calorie Breakfast Tacos	Low Calorie "No Cook" Vegetarian Protein Salads	