

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Tacos	Low Calorie "No Cook" Vegetarian Protein Salads	Low Calorie Portobello Burgers & Fries
TUESDAY	Low Calorie Protein Peanut Butter Banana Waffles	Low Calorie High Protein Burrito Bowls	Low Calorie Steak Fajitas
WEDNESDAY	Low Calorie Breakfast Tacos	Low Calorie "No Cook" Vegetarian Protein Salads	Low Calorie High Protein Chili Mac & Cheese
THURSDAY	Low Calorie Protein Peanut Butter Banana Waffles	Low Calorie High Protein Burrito Bowls	Low Calorie Corn Chowder
FRIDAY	Low Calorie Breakfast Tacos	Low Calorie "No Cook" Vegetarian Protein Salads	Low Calorie High Protein Tostadas
SATURDAY	Low Calorie Protein Peanut Butter Banana Waffles	Low Calorie High Protein Burrito Bowls	Low Calorie Szechuan Chicken
SUNDAY	Low Calorie Breakfast Tacos	Low Calorie "No Cook" Vegetarian Protein Salads	Low Calorie Beef Stroganoff