

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Caramel Apple Protein Oatmeal	Low Calorie Greek Chicken Meal Prep Boxes	
TUESDAY	Low Calorie Giant Breakfast Cookies	Low Calorie Teriyaki Turkey Meatball Meal Prep Boxes	
WEDNESDAY	Low Calorie Caramel Apple Protein Oatmeal	Low Calorie Greek Chicken Meal Prep Boxes	
THURSDAY	Low Calorie Giant Breakfast Cookies	Low Calorie Teriyaki Turkey Meatball Meal Prep Boxes	
FRIDAY	Low Calorie Caramel Apple Protein Oatmeal	Low Calorie Greek Chicken Meal Prep Boxes	
SATURDAY	Low Calorie Giant Breakfast Cookies	Low Calorie Teriyaki Tu	
SUNDAY	Low Calorie Caramel Apple Protein Oatmeal	Low Calorie Greek Chicken Meal Prep Boxes	