

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Caramel Apple Protein Oatmeal	Low Calorie Greek Chicken Meal Prep Boxes	Low Calorie Protein Pumpkin Mac and Cheese
TUESDAY	Low Calorie Giant Breakfast Cookies	Low Calorie Teriyaki Turkey Meatball Meal Prep Boxes	Low Calorie Chicken Tacos (Crockpot or Stovetop)
WEDNESDAY	Low Calorie Caramel Apple Protein Oatmeal	Low Calorie Greek Chicken Meal Prep Boxes	Low Calorie Chicken Veggie Sheet Pan Dinner
THURSDAY	Low Calorie Giant Breakfast Cookies	Low Calorie Teriyaki Turkey Meatball Meal Prep Boxes	Low Calorie Chicken Shawarma Wraps
FRIDAY	Low Calorie Caramel Apple Protein Oatmeal	Low Calorie Greek Chicken Meal Prep Boxes	Low Calorie Hidden Veggie Sloppy Joes
SATURDAY	Low Calorie Giant Breakfast Cookies	Low Calorie Teriyaki Turkey Meatball Meal Prep Boxes	Low Calorie Butternut Squash Soup & Focaccia
SUNDAY	Low Calorie Caramel Apple Protein Oatmeal	Low Calorie Greek Chicken Meal Prep Boxes	Low Calorie Baked Salmon Dinner