

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad	Low Calorie Tomato Soup & Low Calorie Grilled Cheese
TUESDAY	Low Calorie Protein Oatmeal	Low Calorie Teriyaki Chicken Meal Prep Bowls	Low Calorie Chicken Enchiladas
WEDNESDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad	Low Calorie White Chicken Chili
THURSDAY	Low Calorie Protein Oatmeal	Low Calorie Teriyaki Chicken Meal Prep Bowls	Low Calorie Tortellini Soup
FRIDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad	Low Calorie High Protein Pizza
SATURDAY	Low Calorie Protein Oatmeal	Low Calorie Teriyaki Chicken Meal Prep Bowls	Low Calorie High Protein Baked Spaghetti
SUNDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad	Low Calorie Shepherd's Pie