

MENU PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|-----------|--|--|--------------------|
| MONDAY | Low Calorie Breakfast Sandwiches | Low Calorie Meal Prep Taco Salad | Low Calorie Tomato |
| TUESDAY | Low Calorie Protein Oatmeal | Low Calorie Teriyaki Chicken Meal Prep Bowls | |
| WEDNESDAY | Low Calorie Breakfast Sandwiches | Low Calorie Meal Prep Taco Salad | |
| THURSDAY | Low Calorie Protein Oatmeal | Low Calorie Teriyaki Chicken Meal Prep Bowls | |
| FRIDAY | Low Calorie Breakfast Sandwiches | Low Calorie Meal Prep Taco Salad | |
| SATURDAY | Low Calorie Protein Oatmeal | Low Calorie Teriyaki Chicken Meal Prep Bowls | |
| SUNDAY | Low Calorie Breakfast Sandwiches | Low Calorie Meal Prep Taco Salad | |