

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Pumpkin Scones	Low Calorie Chicken Caesar Salad	Low Calorie Baked Italian Sausage
TUESDAY	Low Calorie Overnight Oats	Low Calorie Greek Chicken Meal Prep	Low Calorie Carne Asada Street Tacos
WEDNESDAY	Low Calorie Pumpkin Scones	Low Calorie Chicken Caesar Salad	Low Calorie Meatball Casserole
THURSDAY	Low Calorie Overnight Oats	Low Calorie Greek Chicken Meal Prep	Low Calorie Pesto Pea Soup & Low Cal Bread
FRIDAY	Low Calorie Pumpkin Scones	Low Calorie Chicken Caesar Salad	Low Calorie Pork Chops & Apple Slaw
SATURDAY	Low Calorie Overnight Oats	Low Calorie Greek Chicken Meal Prep	Low Calorie Baked Ziti
SUNDAY	Low Calorie Pumpkin Scones	Low Calorie Chicken Caesar Salad	Low Calorie Lasagna Soup