

# 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	
WEDNESDAY	Low Calorie Pumpkin Scones	Low Calorie Chicken Caesar Salad	
THURSDAY	Low Calorie Overnight Oats	Low Calorie Greek Chicken Meal Prep	
FRIDAY	Low Calorie Pumpkin Scones	Low Calorie Chicken Caesar Salad	
SATURDAY	Low Calorie Overnight Oats	Low Calorie Greek Chicken Meal Prep	
SUNDAY	Low Calorie Pumpkin Scones	Low Calorie Chicken Caesar Salad	