

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Waffles	Low Calorie High Protein Burrito Bowls	
TUESDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Prote	
WEDNESDAY	Low Calorie High Protein Waffles	Low Calorie High Protein Burrito Bowls	
THURSDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Prote	
FRIDAY	Low Calorie High Protein Waffles	Low Calorie High Protein Burrito Bowls	
SATURDAY	Low Calorie High Protein Breakfast Burritos		
SUNDAY	Low Calorie High Protein Waffles	Low Calorie High Protein Burrito Bowls	