

MENU PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|-----------|--|---|---|
| MONDAY | Low Calorie High Protein Waffles | Low Calorie High Protein Burrito Bowls | Low Calorie High Protein Chicken Gnocchi Soup |
| TUESDAY | Low Calorie High Protein Breakfast Burritos | Low Calorie High Protein Greek Chicken Meal Prep Boxes | Low Calorie High Protein Taco Casserole |
| WEDNESDAY | Low Calorie High Protein Waffles | Low Calorie High Protein Burrito Bowls | Low Calorie High Protein Smothered Chicken |
| THURSDAY | Low Calorie High Protein Breakfast Burritos | Low Calorie High Protein Greek Chicken Meal Prep Boxes | Low Calorie High Protein Salisbury Steak |
| FRIDAY | Low Calorie High Protein Waffles | Low Calorie High Protein Burrito Bowls | Low Calorie High Protein Monterey Chicken |
| SATURDAY | Low Calorie High Protein Breakfast Burritos | Low Calorie High Protein Greek Chicken Meal Prep Boxes | Low Calorie High Protein Shrimp Caesar Salad |
| SUNDAY | Low Calorie High Protein Waffles | Low Calorie High Protein Burrito Bowls | Low Calorie High Protein Burger Tacos w/ Fries |