

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Oatmeal	Low Calorie Turkey Spinach Wraps	Low Calorie Pesto Pea Soup
TUESDAY	Low Calorie Protein Packed Breakfast Wraps	Low Calorie Cobb Salad	Low Calorie High Protein Taco Salad
WEDNESDAY	Low Calorie High Protein Oatmeal	Low Calorie Turkey Spinach Wraps	Low Calorie High Protein Chili
THURSDAY	Low Calorie Protein Packed Breakfast Wraps	Low Calorie Cobb Salad	Low Calorie Chipotle Chicken (or Turkey) Quesadilla
FRIDAY	Low Calorie High Protein Oatmeal	Low Calorie Turkey Spinach Wraps	Low Calorie Protein Chili Mac & Cheese
SATURDAY	Low Calorie Protein Packed Breakfast Wraps	Low Calorie Cobb Salad	Low Calorie Butter Chicken
SUNDAY	Low Calorie High Protein Oatmeal	Low Calorie Turkey Spinach Wraps	Low Calorie Chicken (or Turkey) Pot Pie