

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Oatmeal	Low Calorie Turkey Spinach Wraps	
TUESDAY	Low Calorie Protein Packed Breakfast Wraps	Low Calorie Cobb Salad	
WEDNESDAY	Low Calorie High Protein Oatmeal	Low Calorie Turkey Spinach Wraps	
THURSDAY	Low Calorie Protein Packed Breakfast Wraps	Low Calorie Cobb Salad	
FRIDAY	Low Calorie High Protein Oatmeal	Low Calorie Turkey Spinach Wraps	
SATURDAY	Low Calorie Protein Packed Breakfast Wraps	Low Calorie Cobb Salad	
SUNDAY	Low Calorie High Protein Oatmeal	Low Calorie Turkey Spinach Wraps	