

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Meal Prep Protein Taco Bowls	Low Calorie High Protein Lasagna Soup
TUESDAY	Low Calorie Meal Prep Protein Pancakes	Low Calorie "No Cook" Lunch Wraps	Low Calorie High Protein Birria Tacos
WEDNESDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Meal Prep Protein Taco Bowls	Low Calorie Chicken Alfredo Pizza
THURSDAY	Low Calorie Meal Prep Protein Pancakes	Low Calorie "No Cook" Lunch Wraps	Low Calorie High Protein Butter Chicken
FRIDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Meal Prep Protein Taco Bowls	Low Calorie Bean and Cheese Burritos
SATURDAY	Low Calorie Meal Prep Protein Pancakes	Low Calorie "No Cook" Lunch Wraps	Low Calorie High Protein Shepherd's Pie
SUNDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Meal Prep Protein Taco Bowls	Low Calorie High Protein Baked Spaghetti Casserole