

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Granola Topped Bran Muffins	Low Calorie Chicken Quinoa Meal Prep Boxes	Low Calorie Pesto Pizza
TUESDAY	Low Calorie Protein Packed Breakfast Bowls	Low Calorie High Protein Cobb Salads	Low Calorie Steak Fajitas
WEDNESDAY	Low Calorie Granola Topped Bran Muffins	Low Calorie Chicken Quinoa Meal Prep Boxes	Low Calorie One Pan Italian Sausage Dinner
THURSDAY	Low Calorie Protein Packed Breakfast Bowls	Low Calorie High Protein Cobb Salads	Low Calorie Pesto Chicken Pita Sandwich
FRIDAY	Low Calorie Granola Topped Bran Muffins	Low Calorie Chicken Quinoa Meal Prep Boxes	Low Calorie Philly Cheesesteak Sandwiches
SATURDAY	Low Calorie Protein Packed Breakfast Bowls	Low Calorie High Protein Cobb Salads	Low Calorie Chicken Enchiladas
SUNDAY	Low Calorie Granola Topped Bran Muffins	Low Calorie Chicken Quinoa Meal Prep Boxes	Low Calorie Sweet & Sour Chicken