

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Granola Topped Bran Muffins	Low Calorie Chicken Quinoa Meal Prep Boxes	
TUESDAY	Low Calorie Protein Packed Breakfast Bowls	Low Calorie High Protein Cobb Salads	
WEDNESDAY	Low Calorie Granola Topped Bran Muffins	Low Calorie Chicken Quinoa Meal Prep Boxes	
THURSDAY	Low Calorie Protein Packed Breakfast Bowls	Low Calorie High I	
FRIDAY	Low Calorie Granola Topped Bran Muffins	Low Calorie Chicken Quinoa Meal Prep Boxes	
SATURDAY	Low Calorie Protein Packed Breakfast Bowls	Low Calorie High I	
SUNDAY	Low Calorie Granola Topped Bran Muffins	Low Calorie Chicken Quinoa Meal Prep Boxes	