

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Breakfast Quinoa	Low Calorie Meal Prep Chicken Quinoa Bowls	Low Calorie Lentil Curry Soup
TUESDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad Bowls	Low Calorie Barbacoa Beef Tacos
WEDNESDAY	Low Calorie High Protein Breakfast Quinoa	Low Calorie Meal Prep Chicken Quinoa Bowls	Low Calorie Smothered Chicken
THURSDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad Bowls	Holiday Meal OR Low Calorie Sweet & Sour Chicken
FRIDAY	Low Calorie High Protein Breakfast Quinoa	Low Calorie Meal Prep Chicken Quinoa Bowls	Low Calorie Holiday Leftover or BBQ Chicken Sandwiches
SATURDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad Bowls	Low Calorie Leftover Turkey or Chicken Enchiladas
SUNDAY	Low Calorie High Protein Breakfast Quinoa	Low Calorie Meal Prep Chicken Quinoa Bowls	Low Calorie Leftover Turkey Or Chicken Tetrazzini