

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Breakfast Quinoa	Low Calorie Meal Prep Chicken Quinoa Bowls	
TUESDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad Bowls	
WEDNESDAY	Low Calorie High Protein Breakfast Quinoa	Low Calorie Meal Prep Chicken Quinoa Bowls	
THURSDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad Bowls	
FRIDAY	Low Calorie High Protein Breakfast Quinoa	Low Calorie Meal Prep Chicken Quinoa Bowls	
SATURDAY	Low Calorie Breakfast Sandwiches	Low Calorie Meal Prep Taco Salad Bowls	
SUNDAY	Low Calorie High Protein Breakfast Quinoa	Low Calorie Meal Prep Chicken Quinoa Bowls	