

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Double Protein Scrambled Eggs	Low Calorie High Protein Chicken Bánh Mì Sandwiches	Low Calorie High Protein Lasagna Soup
TUESDAY	Low Calorie High Protein Waffles	Low Calorie High Protein Turkey Spinach Wraps	Low Calorie High Protein Fish Tacos
WEDNESDAY	Low Calorie Double Protein Scrambled Eggs	Low Calorie High Protein Chicken Bánh Mì Sandwiches	Low Calorie Philly Cheesesteak Sandwiches
THURSDAY	Low Calorie High Protein Waffles	Low Calorie High Protein Turkey Spinach Wraps	Low Calorie High Protein Pesto Chicken Pita Sandwich
FRIDAY	Low Calorie Double Protein Scrambled Eggs	Low Calorie High Protein Chicken Bánh Mì Sandwiches	Low Calorie High Protein Shrimp Caesar Salad
SATURDAY	Low Calorie High Protein Waffles	Low Calorie High Protein Turkey Spinach Wraps	Low Calorie High Protein White Chicken Chili
SUNDAY	Low Calorie Double Protein Scrambled Eggs	Low Calorie High Protein Chicken Bánh Mì Sandwiches	Low Calorie High Protein Chicken Enchiladas