

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Double Protein Scrambled Eggs	Low Calorie High Protein Chicken Bánh Mì Sandwiches	
TUESDAY	Low Calorie High Protein Waffles	Low Calorie High Protein Turkey Spinach Wraps	
WEDNESDAY	Low Calorie Double Protein Scrambled Eggs	Low Calorie High Protein Chicken Bánh Mì Sandwiches	
THURSDAY	Low Calorie High Protein Waffles	Low Calorie High Protein Turkey Spinach Wraps	
FRIDAY	Low Calorie Double Protein Scrambled Eggs	Low Calorie High Protein Chicken Bánh Mì Sandwiches	
SATURDAY	Low Calorie High Protein Waffles	Low Calorie High Prote	
SUNDAY	Low Calorie Double Protein Scrambled Eggs	Low Calorie High Protein Chicken Bánh Mì Sandwiches	