

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Weight Loss Meal Replacement Smoothie	Low Calorie High Protein Chicken Wraps	
TUESDAY	Low Calorie Tropical	Low Calorie (No Cook) Turkey Spinach Wraps	
WEDNESDAY	Low Calorie Weight Loss Meal Replacement Smoothie	Low Calorie High Protein Chicken Wraps	
THURSDAY	Low Calorie Tropical Celery Smoothie		
FRIDAY	Low Calorie Weight Loss	Low Calorie High Protein Chicken Wraps	
SATURDAY	Low Calorie Tropical Celery Smoothie	Low Calorie (No Cook) Turkey Spinach Wraps	
SUNDAY	Low Calorie Weight Loss Meal Replacement Smoothie	Low Calorie High Protein Chicken Wraps	