

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Salad Jars	Low Calorie Protein Pasta Casserole
TUESDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Shrimp Tacos
WEDNESDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Salad Jars	Low Calorie Weight Loss Chicken Soup
THURSDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Broccoli Cheese Soup
FRIDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Salad Jars	Low Calorie Pizza (10 Flavors)
SATURDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Monterey Chicken
SUNDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Salad Jars	Low Calorie Eggplant Parmesan