

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Salad Jars	Low Calorie Protein P:
TUESDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Teriyaki Chicken Meal Prep	
WEDNESDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Salad Jars	
THURSDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Teriyaki Chicken Meal Prep	
FRIDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Salad Jars	
SATURDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Teriyaki Chicken Meal Prep	
SUNDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Salad Jars	