

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	Low Calorie Plant Based! Buddha Bowls
TUESDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Chicken Quinoa Salad	
WEDNESDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	
THURSDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Chicken Quinoa Salad	
FRIDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	
SATURDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Chicken Quinoa Salad	
SUNDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	