

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	Low Calorie "Copycat" Burrito Bowls
WEDNESDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	Low Calorie Thai Curry Lentil Soup
THURSDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Chicken Quinoa Salad	Low Calorie Meal Prep Greek Chicken Gyros
FRIDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	Low Calorie Meal Prep Beef Stew
SATURDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Meal Prep Chicken Quinoa Salad	Low Calorie Creamy Chicken Stew
SUNDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	Low Calorie Shepherd's Pie Casserole