

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Low Carb Meal Prep Boxes	
TUESDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie High Protein Meal Prep Chickpea Salads	
WEDNESDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Low Carb Meal Prep Boxes	
THURSDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie High Protein Meal Prep Chickpea Salads	
FRIDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Low Carb Meal Prep Boxes	
SATURDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie High Protein Meal Prep Chickpea Salads	
SUNDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Low Carb Meal Prep Boxes	