

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Caprese Vegetarian Meal Prep Bowls
TUESDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie High Protein Meal Prep Chickpea Salads	Low Calorie Meal Prep Burrito Bowls
WEDNESDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Teriyaki Chicken Meal Prep Bowls
THURSDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie High Protein Meal Prep Chickpea Salads	Low Calorie Greek Chicken Meal Prep Boxes
FRIDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Chicken Quinoa Meal Prep Boxes
SATURDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie High Protein Meal Prep Chickpea Salads	Low Calorie Meal Prep Mississippi Pot Roast Sandwiches
SUNDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Meal Prep Buddha Bowls