

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	Low Calorie High Protein Mac and Cheese
TUESDAY	Low Calorie Protein Bagels w/ Cream Cheese	Low Calorie Pizza Hot Pockets	
WEDNESDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	
THURSDAY	Low Calorie Protein Bagels w/ Cream Cheese	Low Calorie Pizza Hot Pockets	
FRIDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	
SATURDAY	Low Calorie Protein Bagels w/ Cream Cheese	Low Calorie Pizza Hot Pockets	
SUNDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	