

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	Low Calorie Bean & Cheese Burritos
WEDNESDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	Low Calorie Sweet & Sour Chicken
THURSDAY	Low Calorie Protein Bagels w/ Cream Cheese	Low Calorie Pizza Hot Pockets	Low Calorie High Protein Baked Spaghetti
FRIDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	Low Calorie Crunchy Chicken Sandwiches
SATURDAY	Low Calorie Protein Bagels w/ Cream Cheese	Low Calorie Pizza Hot Pockets	Low Calorie Lo Mein with Beef & Broccoli
SUNDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	Low Calorie Pizza