

MENU PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|-----------|---|--|--|
| MONDAY | Low Calorie Chocolate Protein Muffins | Low Calorie Chicken Burrito Bowl | Low Calorie Eggplant Parmesan |
| TUESDAY | Low Calorie Breakfast Sandwiches | Low Calorie High Protein Chicken Wraps | Low Calorie Fast Fajitas (Chicken, Steak, Shrimp or Veggie) |
| WEDNESDAY | Low Calorie Chocolate Protein Muffins | Low Calorie Chicken Burrito Bowl | Low Calorie High Protein Chicken Parmesan |
| THURSDAY | Low Calorie Breakfast Sandwiches | Low Calorie High Protein Chicken Wraps | Low Calorie Sloppy Joes |
| FRIDAY | Low Calorie Chocolate Protein Muffins | Low Calorie Chicken Burrito Bowl | Low Calorie Beef Stew |
| SATURDAY | Low Calorie Breakfast Sandwiches | Low Calorie High Protein Chicken Wraps | Low Calorie Chicken Enchiladas |
| SUNDAY | Low Calorie Chocolate Protein Muffins | Low Calorie Chicken Burrito Bowl | Low Calorie High Protein Crack Chicken |