

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	
WEDNESDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Chicken Burrito Bowl	
THURSDAY	Low Calorie Breakfast Sandwiches	Low Calorie High Protein Chicken Wraps	
FRIDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Chicken Burrito Bowl	
SATURDAY	Low Calorie Breakfast Sandwiches	Low Calorie High Protein Chicken Wraps	
SUNDAY	Low Calorie Chocolate Protein Muffins	Low Calorie Chicken Burrito Bowl	