

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie Crispy Chicken Ranch Wraps	
TUESDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie Bacon & Turkey "Club" Sandwiches	
WEDNESDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie Crispy Chicken Ranch Wraps	
THURSDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie Bacon & Turkey "Club" Sandwiches	
FRIDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie Crispy Chicken Ranch Wraps	
SATURDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie Bacon & T	
SUNDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie Crispy Chicken Ranch Wraps	