

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Pesto Chicken Pitas	Low Calorie Chicke
TUESDAY	Low Calorie Pesto Egg Toast	Low Calorie High Protein Chicken Wraps	
WEDNESDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Pesto Chicken Pitas	
THURSDAY	Low Calorie Pesto Egg Toast	Low Calorie High Protein Chicken Wraps	
FRIDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Pesto Chicken Pitas	
SATURDAY	Low Calorie Pesto Egg Toast	Low Calorie High Protein Chicken Wraps	
SUNDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Pesto Chicken Pitas	