

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Blueberry Pancakes	Low Calorie Taco Salad	Low Calorie Chicken Parmesan
TUESDAY	Low Calorie Breakfast Burritos	Low Calorie Tuna Melt OR Low Calorie Caprese Panini	
WEDNESDAY	Low Calorie Blueberry Pancakes	Low Calorie Taco Salad	
THURSDAY	Low Calorie Breakfast Burritos	Low Calorie Tuna Melt OR Low Calorie Caprese Panini	
FRIDAY	Low Calorie Blueberry Pancakes	Low Calorie Taco Salad	
SATURDAY	Low Calorie Breakfast Burritos	Low Calorie Tuna Melt OR Low Calorie Caprese Panini	
SUNDAY	Low Calorie Blueberry Pancakes	Low Calorie Taco Salad	