

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Tofu Protein Bowls	
TUESDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chickpe	
WEDNESDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Tofu Protein Bowls	
THURSDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chickpe	
FRIDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Tofu P	
SATURDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chickpe	
SUNDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Tofu P	