

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Grated Egg Avocado Toast*	Low Calorie Chicken Salad Sandwiches*	
TUESDAY	Low Calorie Protein French Toast*	Low Calorie Protein F	
WEDNESDAY	Low Calorie Grated Egg Avocado Toast*	Low Calorie Chicken Salad Sandwiches*	
THURSDAY	Low Calorie Protein French Toast*	Low Calorie Protein Packed Cobb Salad	
FRIDAY	Low Calorie Grated Egg Avocado Toast*	Low Calorie Chicken Salad Sandwiches*	
SATURDAY	Low Calorie Protein French Toast*	Low Calorie Protein Packed Cobb Salad	
SUNDAY	Low Calorie Grated Egg Avocado Toast*	Low Calorie Chicken Salad Sandwiches*	

* With Low Calorie High Protein Bread!