

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Egg Bites	Low Calorie Meal Pre	Low Calorie Protein Pizza Bagels
TUESDAY	Low Calorie Meal Pre	Low Calorie Meal Pre	Low Calorie Fast Steak Fajitas
WEDNESDAY	Low Calorie Meal Pre	Low Calorie Meal Pre	Low Calorie One Pan Italian Sausage Dinner
THURSDAY	Low Calorie Mea	Low Calorie Meal Pre	Low Calorie Chipotle Chicken Quesadilla
FRIDAY	Low Calorie Meal Pre	Low Calorie Meal Pre	Low Calorie Lettuce Shrimp Wraps
SATURDAY	Low Calorie Mea	Low Calorie Meal Pre	Low Calorie Crockpot Chicken
SUNDAY	Low Calorie Meal Pre	Low Calorie Meal Pre	