

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Leftover Ham Breakfast Quesadillas	Low Calorie Egg Salad Sandwiches or Salads	
TUESDAY	Low Calorie Leftover Ham Breakfast Casserole		
WEDNESDAY	Low Calorie Leftover Ham Breakfast Quesadillas	Low Calorie Egg Salad Sandwiches or Salads	
THURSDAY	Low Calorie Leftover Ham Breakfast Casserole		
FRIDAY	Low Calorie Leftover Ham Breakfast Quesadillas	Low Calorie Egg Salad Sandwiches or Salads	
SATURDAY	Low Calorie Leftover Ham Breakfast Casserole		
SUNDAY	Low Calorie Leftover Ham Breakfast Quesadillas	Low Calorie Egg	