

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Wraps	Low Calorie Chicken Quinoa Tabbouleh Salad	Low Calorie Weight Loss Salad
TUESDAY	Low Calorie Breakfast Quesadillas	Low Calorie Tandoori Chicken Wrap	Low Calorie Taco Soup
WEDNESDAY	Low Calorie Breakfast Wraps	Low Calorie Chicken Quinoa Tabbouleh Salad	Low Calorie Low Carb Meal Prep Dinner
THURSDAY	Low Calorie Breakfast Quesadillas	Low Calorie Tandoori Chicken Wrap	Low Calorie Butter Chicken
FRIDAY	Low Calorie Breakfast Wraps	Low Calorie Chicken Quinoa Tabbouleh Salad	Low Calorie Chipotle Chicken Quesadillas
SATURDAY	Low Calorie Breakfast Quesadillas	Low Calorie Tandoori Chicken Wrap	Low Calorie Lasagna Soup
SUNDAY	Low Calorie Breakfast Wraps	Low Calorie Chicken Quinoa Tabbouleh Salad	Low Calorie Chili Mac and Cheese