

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	
WEDNESDAY	Low Calorie Breakfast Wraps	Low Calorie Chicken Quinoa Tabbouleh Salad	
THURSDAY	Low Calorie Breakfast Quesadillas	Low Calorie Tandoori Chicken Wrap	
FRIDAY	Low Calorie Breakfast Wraps	Low Calorie Chicken Quinoa Tabbouleh Salad	
SATURDAY	Low Calorie Breakfast Quesadillas	Low Calorie Tandoori Chicken Wrap	
SUNDAY	Low Calorie Breakfast Wraps	Low Calorie Chicken Quinoa Tabbouleh Salad	