

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Banana Nut Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Bowls	Low Calorie Pesto Pea Soup
TUESDAY	Low Calorie Meal Prep Chia Seed Bowls	Low Calorie Meal Prep Tofu Bowls	Low Calorie Taco Salad
WEDNESDAY	Low Calorie Banana Nut Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Bowls	Low Calorie Strawberry Chicken Salad
THURSDAY	Low Calorie Meal Prep Chia Seed Bowls	Low Calorie Meal Prep Tofu Bowls	Low Calorie Greek Salad w/ Grilled Chicken
FRIDAY	Low Calorie Banana Nut Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Bowls	Low Calorie Chicken Salad w/ Cranberries
SATURDAY	Low Calorie Meal Prep Chia Seed Bowls	Low Calorie Meal Prep Tofu Bowls	Low Calorie Lasagna Casserole
SUNDAY	Low Calorie Banana Nut Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Bowls	Low Calorie High Protein Lemon Scallop Pasta