

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie "No Cook" Tuna Meal Prep Salads	Low Calorie Meal P
TUESDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie "No Cook" Vegetarian Protein Salads	
WEDNESDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie "No Cook" Tuna Meal Prep Salads	
THURSDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie "No Cook" Vegetarian Protein Salads	
FRIDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie "No Cook" Tuna Meal Prep Salads	
SATURDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie "No Cook" Vegetarian Protein Salads	
SUNDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie "No Cook" Tuna Meal Prep Salads	