

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Peanut Butter Strawberry Smoothies	Low Calorie Crispy Chicken Wraps	
TUESDAY	Low Calorie Spinach Feta Omelet	Low Calorie Strawberry Spinach Salads w/ Chicken	
WEDNESDAY	Low Calorie Peanut Butter Strawberry Smoothies	Low Calorie Crispy Chicken Wraps	
THURSDAY	Low Calorie Spinach Feta Omelet	Low Calorie Strawberry Spinach Salads w/ Chicken	
FRIDAY	Low Calorie Peanut Butter Strawberry Smoothies	Low Calorie Crispy Chicken Wraps	
SATURDAY	Low Calorie Spinach Feta Omelet	Low Calorie Strawberry Spinach Salads w/ Chicken	
SUNDAY	Low Calorie Peanut Butter Strawberry Smoothies	Low Calorie Crispy Chicken Wraps	