

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Chocolate Smoothie Bowl	Low Calorie High Protein Chicken Wraps	
TUESDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie No Cook Turkey Spinach Wraps	
WEDNESDAY	Low Calorie High Protein Chocolate Smoothie Bowl	Low Calorie High Protein Chicken Wraps	
THURSDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie No Cook Turkey Spinach Wraps	
FRIDAY	Low Calorie High Protein Chocolate Smoothie Bowl	Low Calorie High Protein Chicken Wraps	
SATURDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie No Cook Turkey Spinach Wraps	
SUNDAY	Low Calorie High Protein Chocolate Smoothie Bowl	Low Calorie High Protein Chicken Wraps	