

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Low Carb Spinach Omelet	Low Calorie Low Carb	Low Calorie Low Carb
TUESDAY	Low Calorie Low Carb Banana Pancakes	Low Calorie Low Carb Chicken Caesar Salads	
WEDNESDAY	Low Calorie Low Carb Spinach Omelet	Low Calorie Low Carb Tuna Meal Prep Salads	
THURSDAY	Low Calorie Low Carb Banana Pancakes	Low Calorie Low Carb Chicken Caesar Salads	
FRIDAY	Low Calorie Low Carb Spinach Omelet	Low Calorie Low Carb Tuna Meal Prep Salads	
SATURDAY	Low Calorie Low Carb Banana Pancakes	Low Calorie Low Carb Chicken Caesar Salads	
SUNDAY	Low Calorie Low Carb Spinach Omelet	Low Calorie Low Carb Tuna Meal Prep Salads	