

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Low Carb Protein Smoothies	Low Calorie High Protein Greek Salads	
TUESDAY	Low Calorie Weight Loss Green Smoothies	Low Calorie High Protein Taco Salads	
WEDNESDAY	Low Calorie Low Carb Protein Smoothies	Low Calorie High Protein Greek Salads	
THURSDAY	Low Calorie Weight Loss Green Smoothies	Low Calorie High Protein Taco Salads	
FRIDAY	Low Calorie Low Carb Protein Smoothies	Low Calorie High Protein Greek Salads	
SATURDAY	Low Calorie Weight Loss Green Smoothies	Low Calorie High Protein Taco Salads	
SUNDAY	Low Calorie Low Carb Protein Smoothies	Low Calorie High Protein Greek Salads	