

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Oatmeal Casserole	Low Calorie High Protein Chicken Wraps	Low Calorie Tomato Feta Zucchini Pasta
TUESDAY	Low Calorie Breakfast Burrito	Low Calorie Green G	Low Calorie Bean & (
WEDNESDAY	Low Calorie Oatmeal Casserole	Low Calorie High Protein Chicken Wraps	
THURSDAY	Low Calorie Breakfast Burrito	Low Calorie Green Goddess Salad	
FRIDAY	Low Calorie Oatmeal Casserole	Low Calorie High Protein Chicken Wraps	
SATURDAY	Low Calorie Breakfast Burrito	Low Calorie Green Goddess Salad	
SUNDAY	Low Calorie Oatmeal Casserole	Low Calorie High Protein Chicken Wraps	