

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Cookies	Low Calorie Tuna Salad Wraps or Sandwiches	
TUESDAY	Low Calorie Protein Bagels w/ Cream Cheese	Low Calorie Chicken Shawarma Wraps	
WEDNESDAY	Low Calorie Breakfast Cookies	Low Calorie Tuna Salad Wraps or Sandwiches	
THURSDAY	Low Calorie Protein Bagels w/ Cream Cheese	Low Calorie Chicken Shawarma Wraps	
FRIDAY	Low Calorie Breakfast Cookies	Low Calorie Tuna Salad Wraps or Sandwiches	
SATURDAY	Low Calorie Protein Bagels w/ Cream Cheese	Low Calorie Chicken Sh	
SUNDAY	Low Calorie Breakfast Cookies	Low Calorie Tuna Salad Wraps or Sandwiches	