

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Make Ahead Overnight Oats	Low Calorie Low Carb Meal Prep Boxes	
TUESDAY	Low Calorie Make Ahead Chia Seed Yogurt	Low Calorie Chicken Quinoa Meal Prep Salads	
WEDNESDAY	Low Calorie Make Ahead Overnight Oats	Low Calorie Low Carb Meal Prep Boxes	
THURSDAY	Low Calorie Make Ahead Chia Seed Yogurt	Low Calorie Chicken Quinoa Meal Prep Salads	
FRIDAY	Low Calorie Make Ahead Overnight Oats	Low Calorie Low Carb Meal Prep Boxes	
SATURDAY	Low Calorie Make Ahead Chia Seed Yogurt	Low Calorie Chicken Quinoa Meal Prep Salads	
SUNDAY	Low Calorie Make Ahead Overnight Oats	Low Calorie Low Carb Meal Prep Boxes	