

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cookie Dough Protein Shake	Low Calorie No Cook Tuna Salads	
TUESDAY	Low Calorie Mango Protein Smoothie Bowl	Low Calorie No Cook Chickpea Salad	
WEDNESDAY	Low Calorie Cookie Dough Protein Shake	Low Calorie No Cook Tuna Salads	
THURSDAY	Low Calorie Mango Protein Smoothie Bowl	Low Calorie No Cook	
FRIDAY	Low Calorie Cookie Dough Protein Shake	Low Calorie No Cook Tuna Salads	
SATURDAY	Low Calorie Mango Protein Smoothie Bowl	Low Calorie No Cook	
SUNDAY	Low Calorie Cookie Dough Protein Shake	Low Calorie No Cook Tuna Salads	