

# Low Calorie Summer Meaty or Meatless Edition

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Meal Prep Waffles	Low Calorie No Cook Antipasto Salad OR Tofu Bowls	
TUESDAY	Low Calorie High Protein Extra Filling Smoothies	Low Calorie Club Sa	
WEDNESDAY	Low Calorie High Protein Meal Prep Waffles	Low Calorie No Cook Antipasto Salad OR Tofu Bowls	
THURSDAY	Low Calorie High Protein Extra Filling Smoothies	Low Calorie Club Sandwich OR Vegetarian Paninis	
FRIDAY	Low Calorie High Protein Meal Prep Waffles	Low Calorie No Cook Antipasto Salad OR Tofu Bowls	
SATURDAY	Low Calorie High Protein Extra Filling Smoothies	Low Calorie Club Sa	
SUNDAY	Low Calorie High Protein Meal Prep Waffles	Low Calorie No Cook Antipasto Salad OR Tofu Bowls	