

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Strawberry Banana Protein Smoothies	Low Calorie High Protein No Cook Turkey Wraps	
TUESDAY	Low Calorie Chocolate Oatmeal Protein Smoothies	Low Calorie High Protein No Cook Chickpea Salad	
WEDNESDAY	Low Calorie Strawberry Banana Protein Smoothies	Low Calorie High Protein No Cook Turkey Wraps	
THURSDAY	Low Calorie Chocolate Oatmeal Protein Smoothies	Low Calorie High Protein No Cook Chickpea Salad	
FRIDAY	Low Calorie Strawberry Banana Protein Smoothies	Low Calorie High Protein No Cook Turkey Wraps	
SATURDAY	Low Calorie Chocolate Oatmeal Protein Smoothies	Low Calorie High Prc	
SUNDAY	Low Calorie Strawberry Banana Protein Smoothies	Low Calorie High Protein No Cook Turkey Wraps	