

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Banana Split Breakfast Bowls	Low Calorie High Protein Taco Bowls	Low Calorie High Protein Chickpea Salad
TUESDAY	Low Calorie High Protein Breakfast Wraps	Low Calorie Teriyaki Chicken Meal Prep	
WEDNESDAY	Low Calorie Protein Banana Split Breakfast Bowls	Low Calorie High Protein Taco Bowls	
THURSDAY	Low Calorie High Protein Breakfast Wraps	Low Calorie Teriyaki Chicken Meal Prep	
FRIDAY	Low Calorie Protein Banana Split Breakfast Bowls	Low Calorie High Protein Taco Bowls	
SATURDAY	Low Calorie High Protein Breakfast Wraps	Low Calorie Teriyaki Chicken Meal Prep	
SUNDAY	Low Calorie Protein Banana Split Breakfast Bowls	Low Calorie High Protein Taco Bowls	