

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Weight Loss Boosting Green Smoothies	Low Calorie Meal Prep Chicken Quinoa Salads	
TUESDAY	Low Calorie Beauty "Copycat" Green Smoothies	Low Calorie Meal Prep Chicken Tabbouleh Salads	
WEDNESDAY	Low Calorie Weight Loss Boosting Green Smoothies	Low Calorie Meal Prep Chicken Quinoa Salads	
THURSDAY	Low Calorie Beauty "Copycat" Green Smoothies	Low Calorie Meal Prep Chicken Tabbouleh Salads	
FRIDAY	Low Calorie Weight Loss Boosting Green Smoothies	Low Calorie Meal Prep Chicken Quinoa Salads	
SATURDAY	Low Calorie Beauty "Copycat" Green Smoothies	Low Calorie Meal PrepC	
SUNDAY	Low Calorie Weight Loss Boosting Green Smoothies	Low Calorie Meal Prep Chicken Quinoa Salads	