

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Oatmeal Muffins	Low Calorie Chickpea Avocado Salad	Low Calorie Strawberry
TUESDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Tandoori Chicken Wrap	
WEDNESDAY	Low Calorie Oatmeal Muffins	Low Calorie Chickpea Avocado Salad	
THURSDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Tandoori Chicken Wrap	
FRIDAY	Low Calorie Oatmeal Muffins	Low Calorie Chickpea Avocado Salad	
SATURDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Tandoori Chicken Wrap	
SUNDAY	Low Calorie Oatmeal Muffins	Low Calorie Chickpea Avocado Salad	