

# MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Banana Split Breakfast Bowls	3 Ingredient Fat Burning Soup	Low Calorie Chicken Gnocchi Soup
TUESDAY	Low Calorie Breakfast Cookies	Low Calorie Sweet Potato Soup	Low Calorie Chicken Enchilada Soup
WEDNESDAY	Low Calorie Banana Split Breakfast Bowls	3 Ingredient Fat Burning Soup	
THURSDAY	Low Calorie Breakfast Cookies	Low Calorie Sweet Potato Soup	
FRIDAY	Low Calorie Banana Split Breakfast Bowls	3 Ingredient Fat Burning Soup	
SATURDAY	Low Calorie Breakfast Cookies	Low Calorie Sweet Potato Soup	
SUNDAY	Low Calorie Banana Split Breakfast Bowls	3 Ingredient Fat Burning Soup	