

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Natures Cereal	Low Calorie Pesto Pea Soup	Low Calorie Lasagna Soup
TUESDAY	Low Calorie Protein Pancakes	Low Calorie Loaded Potato Soup	Low Calorie Ham and Bean Soup
WEDNESDAY	Low Calorie Natures Cereal	Low Calorie Pesto Pea Soup	
THURSDAY	Low Calorie Protein Pancakes	Low Calorie Loaded Potato Soup	
FRIDAY	Low Calorie Natures Cereal	Low Calorie Pesto Pea Soup	
SATURDAY	Low Calorie Protein Pancakes	Low Calorie Loaded Potato Soup	
SUNDAY	Low Calorie Natures Cereal	Low Calorie Pesto Pea Soup	