

# 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	Low Calorie Tortellini Soup
THURSDAY	Low Calorie Protein Pancakes	Low Calorie Loaded Potato Soup	Low Calorie French Onion Soup
FRIDAY	Low Calorie Natures Cereal	Low Calorie Pesto Pea Soup	Low Calorie Tomato Soup
SATURDAY	Low Calorie Protein Pancakes	Low Calorie Loaded Potato Soup	Low Calorie Chicken Noodle Soup
SUNDAY	Low Calorie Natures Cereal	Low Calorie Pesto Pea Soup	Low Calorie Beef Stew