

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Curried Pumpkin Soup	
TUESDAY	Low Calorie Chia Seed Yogurt Breakfast Bowls	Low Calorie Tomato Red Pepper Soup	
WEDNESDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Curried Pumpkin Soup	
THURSDAY	Low Calorie Chia Seed Yogurt Breakfast Bowls	Low Calorie Tomato Red Pepper Soup	
FRIDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Curried Pumpkin Soup	
SATURDAY	Low Calorie Chia Seed Yogurt Breakfast Bowls	Low Calorie Tomato Red Pepper Soup	
SUNDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Curried Pumpkin Soup	