

# Healthy Perimenopause Meal Plan

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Blueberry Oat Muffins	Low Calorie High Protein Greek Salad	Low Calorie Teriyaki Chicken Meal Prep
TUESDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Tandoori Chicken Wraps	Low Calorie Taco Casserole
WEDNESDAY	Low Calorie Blueberry Oat Muffins	Low Calorie High Protein Greek Salad	Low Calorie Crispy Fish Sandwiches
THURSDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Tandoori Chicken Wraps	Low Calorie Chicken Caesar Salads
FRIDAY	Low Calorie Blueberry Oat Muffins	Low Calorie High Protein Greek Salad	Low Calorie BBQ Chicken Sandwiches
SATURDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Tandoori Chicken Wraps	Low Calorie High Protein Fish Taco Bowls
SUNDAY	Low Calorie Blueberry Oat Muffins	Low Calorie High Protein Greek Salad	Low Calorie Chicken and Rice Casserole