

LunchBots Weekly Salad Planner

MONDAY

GREENS: _____

VEGETABLES: _____

PROTEIN: _____

DRESSING: _____

EXTRAS: _____

TUESDAY

GREENS: _____

VEGETABLES: _____

PROTEIN: _____

DRESSING: _____

EXTRAS: _____

WEDNESDAY

GREENS: _____

VEGETABLES: _____

PROTEIN: _____

DRESSING: _____

EXTRAS: _____

THURSDAY

GREENS: _____

VEGETABLES: _____

PROTEIN: _____

DRESSING: _____

EXTRAS: _____

FRIDAY

GREENS: _____

VEGETABLES: _____

PROTEIN: _____

DRESSING: _____

EXTRAS: _____

Notes
