

LOSE WEIGHT BY EATING WEEKLY MEAL PLANNER

Choose 2 breakfasts, 2 lunches and 5 dinners from

www.loseweightbyeating.com then plug them in below

	BREAKFAST	LUNCH	DINNER	SNACK
Monday	Breakfast Burritos (366 Cal / Pg. 38)	Caesar Salad Wrap (292 Cal / Pg. 72)	Skinny Chicken Alfredo (242 Cal / Pg. 146)	Strawberry Cream Cookie & carrots (200 / Cal Pg.48)
Tuesday	2 Breakfast Cookies (274 Cal / Pg. 32)	Roast Beef Sandwich w/ Horseradish Sauce (272 Cal / Pg. 76)	2 French Bread Pizza (278 Cal / Pg. 142)	2 Granola Bars + 50 pistachios (300 Cal / Pg. 110)
Wednesday	Breakfast Burritos (366 Cal / Pg. 38)	Caesar Salad Wrap (292 Cal / Pg. 72)	Chicken Fajita Enchaladas (251 Cal / Pg. 186)	Strawberry Cream Cookie & carrots (200 / Cal Pg.48)
Thursday	2 Breakfast Cookies (274 Cal / Pg. 32)	Roast Beef Sandwich w/ Horseradish Sauce (272 Cal / Pg. 76)	Slow Cooker Beer Chili (301 Cal / Pg. 196)	2 Granola Bars + 50 pistachios (300 Cal / Pg. 110)
Friday	Breakfast Burritos (366 Cal / Pg. 38)	Caesar Salad Wrap (292 Cal / Pg. 72)	Blue Cheese Burger (262 Cal / Pg. 162)	Strawberry Cream Cookie & carrots (200 / Cal Pg.48)
Saturday	2 Breakfast Cookies (274 Cal / Pg. 32)	Roast Beef Sandwich w/ Horseradish Sauce (272 Cal / Pg. 76)	Overloaded Baked Potatoes (420 Cal / Pg. 208)	2 Granola Bars + 25 pistachios (200 Cal / Pg. 110)
Sunday	Blueberry Pancakes w/ Blueberry Syrup (260 Cal / Pg. 26)	Sausage and Peppers Hoagie (224 Cal / Pg. 78)	Veggie Packed Lasagna (323 Cal / Pg. 156)	Chocolate PB Dip w/ Fruit + 50 pistachios (300 Cal / Pg. 114)

www.loseweightbyeating.com www.facebook.com/loseweightbyeating