

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	Protein Packed Berry Almond Smoothie (377 Cal / Pg. 37)	Club Sandwich Salad (285 Cal / Pg. 83)	2 servings Burrito Bowls (320 Cal / Pg. 148)	Coconut Brownie Onion Dip + Veg (265 Cal 265/277)
Tuesday	4 Breakfast Tacos (330 Cal / Pg. 224)	Butternut Squash Wrap (355 Cal / Pg. 108)	Bruschetta Pasta (302 Cal / Pg. 189)	1 Snack Box (200 Cal / Pg. 281)
Wednesday	Protein Packed Berry Almond Smoothie (377 Cal / Pg. 37)	Club Sandwich Salad (285 Cal / Pg. 83)	Chicken Cordon Bleu and Salad (309 Cal / Pg. 195)	Coconut Brownie Onion Dip + Veg (265 Cal 265/277)
Thursday	4 Breakfast Tacos (330 Cal / Pg. 224)	Butternut Squash Wrap (355 Cal / Pg. 108)	Citrus Salmon and Broccoli (322 Cal / Pg. 191)	1 Snack Box (200 Cal / Pg. 281)
Friday	Protein Packed Berry Almond Smoothie (377 Cal / Pg. 37)	Club Sandwich Salad (285 Cal / Pg. 83)	Sheet Pan Chicken and Veggies (355 Cal / Pg. 203)	Coconut Brownie Onion Dip + Veg (265 Cal 265/277)
Saturday	4 Breakfast Tacos (330 Cal / Pg. 224)	Butternut Squash Wrap (355 Cal / Pg. 108)	Chicken Parm and Broccoli (370 Cal / Pg. 173)	1 Snack Box (200 Cal / Pg. 281)
Sunday	Feta and Spinach Omelet + Choc Latte (207 Cal / Pg. 230/246)	Caprice Pesto Sandwich (217 Cal / Pg. 141)	Kung Pao Chicken (418 Cal / Pg. 187)	Coconut Brownie Onion Dip + Veg (265 Cal 265/277)

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