

Weight Loss Meal Plan

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Peanut Butter Banana Waffles	Low Calorie Meal Prep Taco Bowls	Low Calorie Buddha Bowls
TUESDAY	Low Calorie Breakfast Casserole	Low Calorie Strawberry Spinach Salad w/ Chicken	Low Calorie Tequila Lime Chicken Tacos
WEDNESDAY	Low Calorie Peanut Butter Banana Waffles	Low Calorie Meal Prep Taco Bowls	Low Calorie Teriyaki Chicken
THURSDAY	Low Calorie Breakfast Casserole	Low Calorie Strawberry Spinach Salad w/ Chicken	Low Calorie Skillet Chicken with Peppered Gravy
FRIDAY	Low Calorie Peanut Butter Banana Waffles	Low Calorie Meal Prep Taco Bowls	Low Calorie Beef Stroganoff
SATURDAY	Low Calorie Breakfast Casserole	Low Calorie Strawberry Spinach Salad w/ Chicken	Low Calorie Chicken Enchiladas
SUNDAY	Low Calorie Peanut Butter Banana Waffles	Low Calorie Meal Prep Taco Bowls	Low Calorie Beef Stew