

Low Calorie

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Oatmeal Muffins	Low Calorie Meal Prep Salad Jars	Low Calorie Creamy Chicken Stew (Crockpot)
TUESDAY	Low Calorie Overnight Oats	Low Calorie Chicken Burrito Bowl	Low Calorie Loaded Potato Soup
WEDNESDAY	Low Calorie Oatmeal Muffins	Low Calorie Meal Prep Salad Jars	Low Calorie Chicken Gnocchi Soup
THURSDAY	Low Calorie Overnight Oats	Low Calorie Chicken Burrito Bowl	Low Calorie Chili Mac and Cheese
FRIDAY	Low Calorie Oatmeal Muffins	Low Calorie Meal Prep Salad Jars	Low Calorie Curried Pumpkin Soup
SATURDAY	Low Calorie Overnight Oats	Low Calorie Chicken Burrito Bowl	Low Calorie Slow Cooked Beef Stew
SUNDAY	Low Calorie Oatmeal Muffins	Low Calorie Meal Prep Salad Jars	Low Calorie Pasta Casserole