

Low Calorie + Low Carb

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Egg Muffins	Low Calorie Cobb Salad	Low Calorie Egg Roll in a Bowl
TUESDAY	Low Calorie Low Carb Smoothies	Low Calorie Chicken Lettuce Wraps	Low Calorie Garlic Lemon Chicken
WEDNESDAY	Low Calorie Egg Muffins	Low Calorie Cobb Salad	Low Calorie Stuffed Chicken Breasts
THURSDAY	Low Calorie Low Carb Smoothies	Low Calorie Chicken Lettuce Wraps	Low Calorie Grilled Chicken Kabob
FRIDAY	Low Calorie Egg Muffins	Low Calorie Cobb Salad	Low Calorie Fish Taco Bowl
SATURDAY	Low Calorie Low Carb Smoothies	Low Calorie Chicken Lettuce Wraps	Low Calorie Stuffed Zucchini Boats
SUNDAY	Low Calorie Egg Muffins	Low Calorie Cobb Salad	Low Calorie Baked Salmon