

Low Calorie CopyCat Recipes

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie "McDonalds" Breakfast Sandwiches	Low Calorie "Arby's" Roast Beef Sandwiches	Low Calorie "Taco Bell" Double Decker Tacos
TUESDAY	Low Calorie "McDonalds" Breakfast Burritos	Low Calorie "Panera" Green Goddess Salad	Low Calorie "Subway" Meatball Sub
WEDNESDAY	Low Calorie "McDonalds" Breakfast Sandwiches	Low Calorie "Arby's" Roast Beef Sandwiches	Low Calorie "Taco Bell" Bean & Cheese Burritos
THURSDAY	Low Calorie "McDonalds" Breakfast Burritos	Low Calorie "Panera" Green Goddess Salad	Low Calorie "PF CHang's" Beef Lo Mein
FRIDAY	Low Calorie "McDonalds" Breakfast Sandwiches	Low Calorie "Arby's" Roast Beef Sandwiches	Low Calorie "Olive Garden" Chicken Gnocchi Soup + Breadsticks
SATURDAY	Low Calorie "McDonalds" Breakfast Burritos	Low Calorie "Panera" Green Goddess Salad	Low Calorie "Chipotle" Chicken Burrito Bowls
SUNDAY	Low Calorie "McDonalds" Breakfast Sandwiches	Low Calorie "Arby's" Roast Beef Sandwiches	Low Calorie "Olive Garden" Lasagna Soup + Breadsticks