

Low Calorie Back-To-School Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Sheet Pan Pancakes	Low Calorie BLT Wraps	Low Calorie Protein Mac and Cheese
TUESDAY	Low Calorie Breakfast Bowls	Low Calorie Tandoori Chicken Wraps	Low Calorie Taco Bell Mexican Pizzas
WEDNESDAY	Low Calorie Sheet Pan Pancakes	Low Calorie BLT Wraps	Low Calorie Fish Sticks
THURSDAY	Low Calorie Breakfast Bowls	Low Calorie Tandoori Chicken Wraps	Low Calorie High Protein Tostadas
FRIDAY	Low Calorie Sheet Pan Pancakes	Low Calorie BLT Wraps	Low Calorie Protein Pizza
SATURDAY	Low Calorie Breakfast Bowls	Low Calorie Tandoori Chicken Wraps	Low Calorie Meatball Subs
SUNDAY	Low Calorie Sheet Pan Pancakes	Low Calorie BLT Wraps	Low Calorie Sloppy Joes