

Low Calorie + Low Carb

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Low Carb Frittata	Low Calorie Chicken Shawarma Wraps	Low Calorie Beef Teriyaki
TUESDAY	Low Calorie Low Carb Banana Split Bowls	Low Calorie Low Carb Meal Prep Lunches	Low Calorie Taco Casserole
WEDNESDAY	Low Calorie Low Carb Frittata	Low Calorie Chicken Shawarma Wraps	Low Calorie High Protein Stuffed Tomatoes
THURSDAY	Low Calorie Low Carb Banana Split Bowls	Low Calorie Low Carb Meal Prep Lunches	Low Calorie Italian Sausage and Peppers
FRIDAY	Low Calorie Low Carb Frittata	Low Calorie Chicken Shawarma Wraps	Low Calorie Pesto Chicken
SATURDAY	Low Calorie Low Carb Banana Split Bowls	Low Calorie Low Carb Meal Prep Lunches	Low Calorie Steak Kabobs
SUNDAY	Low Calorie Low Carb Frittata	Low Calorie Chicken Shawarma Wraps	Low Calorie Crockpot Chicken