

Low Calorie + Weight Loss

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Sandwiches	Low Calorie “Copycat” Arby’s Roast Beef Sandwiches	Low Calorie Green Goddess Salad
TUESDAY	Low Calorie Breakfast Burritos	Low Calorie Bean & Cheese Burritos	Low Calorie “Copycat” Taco Bell Mexican Pizza
WEDNESDAY	Low Calorie Breakfast Sandwiches	Low Calorie “Copycat” Arby’s Roast Beef Sandwiches	Low Calorie Monterey Chicken
THURSDAY	Low Calorie Breakfast Burritos	Low Calorie Bean & Cheese Burritos	Low Calorie Beef & Broccoli Lo Mein
FRIDAY	Low Calorie Breakfast Sandwiches	Low Calorie “Copycat” Arby’s Roast Beef Sandwiches	Low Calorie BBQ Chicken Sandwiches
SATURDAY	Low Calorie Breakfast Burritos	Low Calorie Bean & Cheese Burritos	Low Calorie Beef Stroganoff
SUNDAY	Low Calorie Breakfast Sandwiches	Low Calorie “Copycat” Arby’s Roast Beef Sandwiches	Low Calorie Shrimp Scampi