

Low Calorie + Weight Loss

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Blueberry Waffles	Low Calorie Meal Prep Adult Lunchables	Low Calorie Protein Lemon Pasta
TUESDAY	Low Calorie Chocolate Protein Bowls	Low Calorie Meal Prep Turkey Meatball Boxes	Low Calorie Stovetop Steak & 3 Bean Salad
WEDNESDAY	Low Calorie Meal Prep Blueberry Waffles	Low Calorie Meal Prep Adult Lunchables	Low Calorie Grilled Chicken Sandwiches & Cole Slaw
THURSDAY	Low Calorie Chocolate Protein Bowls	Low Calorie Meal Prep Turkey Meatball Boxes	Low Calorie Shrimp Skewers & Mango Salsa
FRIDAY	Low Calorie Meal Prep Blueberry Waffles	Low Calorie Meal Prep Adult Lunchables	Low Calorie Pizza & Olive Garden Salad
SATURDAY	Low Calorie Chocolate Protein Bowls	Low Calorie Meal Prep Turkey Meatball Boxes	Low Calorie Chicken Enchiladas
SUNDAY	Low Calorie Meal Prep Blueberry Waffles	Low Calorie Meal Prep Adult Lunchables	Low Calorie Buffalo Blue Cheese Burgers & Fries