

Low Calorie Weight Loss

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Strawberry Banana Protein Smoothie	Low Calorie Sweet Potato Lunch Wraps	Low Calorie Sweet Potato Chickpea Curry
TUESDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie High Protein Chicken Wraps	Low Calorie Fish Tacos
WEDNESDAY	Low Calorie Strawberry Banana Protein Smoothie	Low Calorie Sweet Potato Lunch Wraps	Low Calorie Teriyaki Salmon Bowls
THURSDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie High Protein Chicken Wraps	Low Calorie Buffalo Chicken Salad
FRIDAY	Low Calorie Strawberry Banana Protein Smoothie	Low Calorie Sweet Potato Lunch Wraps	Low Calorie Pesto Pizza
SATURDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie High Protein Chicken Wraps	Low Calorie Chipotle Chicken Quesadilla
SUNDAY	Low Calorie Strawberry Banana Protein Smoothie	Low Calorie Sweet Potato Lunch Wraps	Low Calorie Sweet and Sour Chicken