

Low Calorie + Low Cost

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Bean and Cheese Burritos	Low Calorie Sheet Pan Pizza
TUESDAY	Low Calorie Protein Bagels w/ Low Calorie Cream Cheese	Low Calorie Chickpea Avocado Salad	Low Calorie Taco Casserole
WEDNESDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Bean and Cheese Burritos	Low Calorie High Protein Lemon Pasta
THURSDAY	Low Calorie Protein Bagels w/ Low Calorie Cream Cheese	Low Calorie Chickpea Avocado Salad	Low Calorie Sweet Potato Soup
FRIDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Bean and Cheese Burritos	Low Calorie High Protein Tostadas
SATURDAY	Low Calorie Protein Bagels w/ Low Calorie Cream Cheese	Low Calorie Chickpea Avocado Salad	Low Calorie Italian Sausage and Peppers
SUNDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Bean and Cheese Burritos	Low Calorie Leftover Wraps (new!)