

Low Calorie “No Oven” Recipes

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Breakfast Quesadillas	Low Calorie Club Sandwich	Low Calorie Chicken Stir Fry
TUESDAY	Low Calorie Pesto Egg Toasts	Low Calorie Chicken Soba Noddle Salad	Low Calorie Carne Asada Tacos
WEDNESDAY	Low Calorie High Protein Breakfast Quesadillas	Low Calorie Club Sandwich	Low Calorie Lettuce Shrimp Wraps
THURSDAY	Low Calorie Pesto Egg Toasts	Low Calorie Chicken Soba Noddle Salad	Low Calorie Hawaiian Chicken
FRIDAY	Low Calorie High Protein Breakfast Quesadillas	Low Calorie Club Sandwich	Low Calorie Bean and Cheese Burritos
SATURDAY	Low Calorie Pesto Egg Toasts	Low Calorie Chicken Soba Noddle Salad	Low Calorie Chicken Pad Thai
SUNDAY	Low Calorie High Protein Breakfast Quesadillas	Low Calorie Club Sandwich	Low Calorie BBQ Chicken Sandwiches