

Summer Weight Loss Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie High Protein Tabbouleh Salads	Low Calorie High Protein Greek Salad
TUESDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie Barbacoa Beef Tacos
WEDNESDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie High Protein Tabbouleh Salads	Low Calorie High Protein Cobb Salad
THURSDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie Chicken Shawarma Wraps
FRIDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie High Protein Tabbouleh Salads	Low Calorie Crockpot Chicken
SATURDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie Antipasto Salad
SUNDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie High Protein Tabbouleh Salads	Low Calorie Mississippi Pot Roast Sandwiches