

Eat Like a Weight Loss Expert Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate Smoothie Bowls	Low Calorie Tomato Soup	Low Calorie Tofu Bowls
TUESDAY	Low Calorie Chocolate Coffee Protein Shake	Low Calorie Pesto Pea Soup	Low Calorie Double Decker Tacos
WEDNESDAY	Low Calorie Chocolate Smoothie Bowls	Low Calorie Tomato Soup	Low Calorie Chickpea Avocado Salad
THURSDAY	Low Calorie Chocolate Coffee Protein Shake	Low Calorie Pesto Pea Soup	Low Calorie Lentil Curry Soup
FRIDAY	Low Calorie Chocolate Smoothie Bowls	Low Calorie Tomato Soup	Low Calorie High Protein Pizza
SATURDAY	Low Calorie Chocolate Coffee Protein Shake	Low Calorie Pesto Pea Soup	Low Calorie Chicken Fajitas
SUNDAY	Low Calorie Chocolate Smoothie Bowls	Low Calorie Tomato Soup	Low Calorie Thai Coconut Soup