

Low Calorie Craving Crushing Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Banana Nut Pancakes	Low Calorie Adult Lunchables	Low Calorie High Protein Lemon Pasta
TUESDAY	Low Calorie Bacon and Egg Scramble	Low Calorie Greek Chicken Meal Prep	Low Calorie Taco Bell “Copycat” Mexican Pizzas
WEDNESDAY	Low Calorie Banana Nut Pancakes	Low Calorie Adult Lunchables	Low Calorie Egg Roll in a Bowl
THURSDAY	Low Calorie Bacon and Egg Scramble	Low Calorie Greek Chicken Meal Prep	Low Calorie Teriyaki Salmon Bowls
FRIDAY	Low Calorie Banana Nut Pancakes	Low Calorie Adult Lunchables	Low Calorie High Protein Pizza
SATURDAY	Low Calorie Bacon and Egg Scramble	Low Calorie Greek Chicken Meal Prep	Low Calorie Chicken Burgers & Sweet Potato Fries
SUNDAY	Low Calorie Banana Nut Pancakes	Low Calorie Adult Lunchables	Low Calorie Chicken Pot Pie