

Low Calorie “Garden Harvest” Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Tomato Ricotta Toasts	Low Calorie Pesto Chicken Pita Sandwich	Low Calorie Butternut Squash Pasta
TUESDAY	Low Calorie Double Chocolate Zucchini Muffins	Low Calorie Tofu Bowls	Low Calorie High Protein Stuffed Zucchini
WEDNESDAY	Low Calorie Tomato Ricotta Toasts	Low Calorie Pesto Chicken Pita Sandwich	Low Calorie Tomato Feta Zucchini “Pasta “
THURSDAY	Low Calorie Double Chocolate Zucchini Muffins	Low Calorie Tofu Bowls	Low Calorie Tomato Basil Stuffed Chicken Breasts
FRIDAY	Low Calorie Tomato Ricotta Toasts	Low Calorie Pesto Chicken Pita Sandwich	Low Calorie Vegetarian Pesto Pizza
SATURDAY	Low Calorie Double Chocolate Zucchini Muffins	Low Calorie Tofu Bowls	Low Calorie Greek Salad with Grilled Chicken
SUNDAY	Low Calorie Tomato Ricotta Toasts	Low Calorie Pesto Chicken Pita Sandwich	Low Calorie High Protein Stuffed Butternut Squash