

Weight Loss Meals Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Chocolate Protein Smoothies	Low Calorie High Protein Green Goddess Salads	Low Calorie Vegetarian Pesto Pizza
TUESDAY	Low Calorie Weight Loss Green Smoothies	Low Calorie High Protein Cobb Salads	Low Calorie Taco Casserole
WEDNESDAY	Low Calorie Chocolate Protein Smoothies	Low Calorie High Protein Green Goddess Salads	Low Calorie Pesto Chicken Pita Sandwiches
THURSDAY	Low Calorie Weight Loss Green Smoothies	Low Calorie High Protein Cobb Salads	Low Calorie High Protein Tostadas
FRIDAY	Low Calorie Chocolate Protein Smoothies	Low Calorie High Protein Green Goddess Salads	Low Calorie High Protein Stuffed Zucchini
SATURDAY	Low Calorie Weight Loss Green Smoothies	Low Calorie High Protein Cobb Salads	Low Calorie High Protein Chicken Wraps
SUNDAY	Low Calorie Chocolate Protein Smoothies	Low Calorie High Protein Green Goddess Salads	Low Calorie Burgers & Low Calorie Fries