

# Low Calorie Comfort Food Edition

## MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Caramel Apple Pancakes	Low Calorie Bean & Cheese Burritos	Low Calorie Butternut Mac & Cheese
TUESDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	Low Calorie Beef (or turkey) Tacos
WEDNESDAY	Low Calorie High Protein Caramel Apple Pancakes	Low Calorie Bean & Cheese Burritos	Low Calorie Lasagna Soup
THURSDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	Low Calorie White Chicken Chili
FRIDAY	Low Calorie High Protein Caramel Apple Pancakes	Low Calorie Bean & Cheese Burritos	Low Calorie Sheet Pan Pizza
SATURDAY	Low Calorie Breakfast Burritos	Low Calorie Arby's "Copycat" Roast Beef Sandwiches	Low Calorie Shepherd's Pie
SUNDAY	Low Calorie High Protein Caramel Apple Pancakes	Low Calorie Bean & Cheese Burritos	Low Calorie Creamy Chicken Stew