

Low Calorie Weight Loss Recipes

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Sheet Pan Pancakes	Low Calorie Crispy Chicken Wraps	Low Calorie Meatball Subs
TUESDAY	Low Calorie Egg Muffins	Low Calorie High Protein Meal Prep Salads	Low Calorie Birria Tacos
WEDNESDAY	Low Calorie Sheet Pan Pancakes	Low Calorie Crispy Chicken Wraps	Low Calorie Turkey Chili with White Beans
THURSDAY	Low Calorie Egg Muffins	Low Calorie High Protein Meal Prep Salads	Low Calorie Philly Cheesesteak Sandwiches
FRIDAY	Low Calorie Sheet Pan Pancakes	Low Calorie Crispy Chicken Wraps	Low Calorie Protein Sheet Pan Nachos
SATURDAY	Low Calorie Egg Muffins	Low Calorie High Protein Meal Prep Salads	Low Calorie Protein Stuffed Butternut Squash
SUNDAY	Low Calorie Sheet Pan Pancakes	Low Calorie Crispy Chicken Wraps	Low Calorie Lasagna Soup