

Weekly FREE Meal Plans for Weight Loss

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Shawarma Wrap	Low Calorie Philly Cheesesteak Sandwiches
TUESDAY	Low Calorie Protein Breakfast Wrap	Low Calorie Cobb Salads	Low Calorie White Chicken Chili
WEDNESDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Shawarma Wrap	Low Calorie Skillet Chicken w/ Peppered Gravy
THURSDAY	Low Calorie Protein Breakfast Wrap	Low Calorie Cobb Salads	Low Calorie Carnitas Protein Bowls
FRIDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Shawarma Wrap	Low Calorie High Protein Pizza
SATURDAY	Low Calorie Protein Breakfast Wrap	Low Calorie Cobb Salads	Low Calorie Chicken Pot Pie
SUNDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Shawarma Wrap	Low Calorie Chicken Enchiladas