

# Low Calorie Weight Loss Meal Plan

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Chicken Salad Sandwiches	Low Calorie Butternut Squash Salad
TUESDAY	Low Calorie Scramble Breakfast Bowls	Low Calorie Chicken Burrito Bowls	Low Calorie Birria Tacos
WEDNESDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Chicken Salad Sandwiches	Low Calorie Beef Teriyaki & Cauliflower Rice
THURSDAY	Low Calorie Scramble Breakfast Bowls	Low Calorie Chicken Burrito Bowls	Low Calorie Broccoli Cheese Soup
FRIDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Chicken Salad Sandwiches	Low Calorie Teriyaki Chicken & Cauliflower Rice
SATURDAY	Low Calorie Scramble Breakfast Bowls	Low Calorie Chicken Burrito Bowls	Low Calorie Pork Loin Roast & Mashed Potatoes
SUNDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Chicken Salad Sandwiches	Low Calorie Butter Chicken & Cauliflower Rice