

Weekly FREE Meal Plans for Weight Loss

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Overnight Oats	Low Calorie Green Goddess Salad	Low Calorie Spinach Artichoke Spaghetti Squash
TUESDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie High Protein Tabbouleh Salad	Low Calorie Steak Fajitas
WEDNESDAY	Low Calorie Overnight Oats	Low Calorie Green Goddess Salad	Low Calorie Crockpot Chicken
THURSDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie High Protein Tabbouleh Salad	Low Calorie High Protein Lemon Scallop Pasta
FRIDAY	Low Calorie Overnight Oats	Low Calorie Green Goddess Salad	Low Calorie "Loaded" Potato Soup
SATURDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie High Protein Tabbouleh Salad	Low Calorie Szechuan Chicken
SUNDAY	Low Calorie Overnight Oats	Low Calorie Green Goddess Salad	Low Calorie Shepherd's Pie