

# Free Weight Loss Meal Plan

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Breakfast Sandwiches	Low Calorie Buffalo Chicken Salad (new recipe!)	Low Calorie Irish Stew (new recipe!)
TUESDAY	Low Calorie Breakfast Scramble Bowls	Low Calorie Turkey Spinach Wraps	Low Calorie Double Decker Tacos
WEDNESDAY	Low Calorie Breakfast Sandwiches	Low Calorie Buffalo Chicken Salad	Low Calorie Monterey Chicken
THURSDAY	Low Calorie Breakfast Scramble Bowls	Low Calorie Turkey Spinach Wraps	Low Calorie Bean and Cheese Burritos
FRIDAY	Low Calorie Breakfast Sandwiches	Low Calorie Buffalo Chicken Salad	Low Calorie BBQ Chicken Pizza
SATURDAY	Low Calorie Breakfast Scramble Bowls	Low Calorie Turkey Spinach Wraps	Low Calorie Chicken Parmesan
SUNDAY	Low Calorie Breakfast Sandwiches	Low Calorie Buffalo Chicken Salad	Low Calorie Green Chicken Enchiladas