

Low Calorie Weight Loss Meal Plan

MENU PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|-----------|--|--|--|
| MONDAY | Low Calorie Candy Cane Protein Shakes | 3 Ingredient Fat Burning Soup | Low Calorie Chicken Sheet Pan Meal |
| TUESDAY | Low Calorie Meal Prep Sheet Pan Pancakes | Low Calorie Tandoori Chicken Wraps | Low Calorie Steak Fajitas |
| WEDNESDAY | Low Calorie Candy Cane Protein Shakes | 3 Ingredient Fat Burning Soup | Low Calorie Burger Tacos |
| THURSDAY | Low Calorie Meal Prep Sheet Pan Pancakes | Low Calorie Tandoori Chicken Wraps | Low Calorie Chicken Gnocchi Soup |
| FRIDAY | Low Calorie Candy Cane Protein Shakes | 3 Ingredient Fat Burning Soup | Low Calorie Bean and Cheese Burritos |
| SATURDAY | Low Calorie Meal Prep Sheet Pan Pancakes | Low Calorie Tandoori Chicken Wraps | Low Calorie Protein Stuffed Butternut Squash |
| SUNDAY | Low Calorie Candy Cane Protein Shakes | 3 Ingredient Fat Burning Soup | Low Calorie Creamy Chicken Stew |