

Low Calorie Thanksgiving Leftovers Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Chickpea Avocado Salad	Low Calorie Avocado Veggie Quesadilla
TUESDAY	Low Calorie PB Banana Strawberry Smoothie	Low Calorie Cauliflower Soup	Low Calorie Chicken Tacos
WEDNESDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Chickpea Avocado Salad	Low Calorie Smothered Crockpot Chicken
THURSDAY	Low Calorie PB Banana Strawberry Smoothie	Low Calorie Cauliflower Soup	Thanksgiving 
FRIDAY	Low Calorie Cranberry Orange Oatmeal (leftover recipe)	Low Calorie Holiday Leftover Sandwiches (leftover recipe)	Low Calorie Turkey Shepherd's Pie (leftover recipe)
SATURDAY	Low Calorie Cranberry Sauce Parfaits (leftover recipe)	Low Calorie Turkey Salad (leftover recipe)	Low Calorie Turkey Enchiladas (leftover recipe)
SUNDAY	Low Calorie Cranberry Pancakes (leftover recipe)	Low Calorie Turkey Tetrazzini (leftover recipe)	Low Calorie Turkey Pot Pie w/ Stuffing Crust (leftover recipe)