

Low Calorie Holiday Leftover Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Pancakes	Low Calorie Tuna Melt Sandwiches	Low Calorie Cranberry & Brie Stuffed Chicken
TUESDAY	Low Calorie Biscuits and Gravy	Low Calorie Cobb Salad	Low Calorie Lasagna
WEDNESDAY	Low Calorie Protein Pancakes	Low Calorie Tuna Melt Sandwiches	Merry Christmas & Happy Hanukkah
THURSDAY	Low Calorie Biscuits and Gravy	Low Calorie Cobb Salad	Low Calorie Ham Fried Rice OR Low Calorie Brisket Tacos
FRIDAY	Low Calorie Protein Pancakes	Low Calorie Tuna Melt Sandwiches	Low Calorie Ham (or Brisket) and Bean Soup
SATURDAY	Low Calorie Biscuits and Gravy	Low Calorie Cobb Salad	Low Calorie Kung Pao Chicken
SUNDAY	Low Calorie Protein Pancakes	Low Calorie Tuna Melt Sandwiches	Low Calorie Sheet Pan Pizza