

Low Calorie Weight Loss Meal Plan

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Green Goddess Salad	Low Calorie High Protein Monterey Chicken
TUESDAY	Low Calorie High Protein Breakfast Bowls	Low Calorie High Protein Taco Salad	Low Calorie High Protein White Chicken Chili
WEDNESDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Green Goddess Salad	Low Calorie High Protein Fish Taco Bowls
THURSDAY	Low Calorie High Protein Breakfast Bowls	Low Calorie High Protein Taco Salad	Low Calorie High Protein Caprese Chicken
FRIDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Green Goddess Salad	Low Calorie Low Carb Lettuce Wrap Burgers
SATURDAY	Low Calorie High Protein Breakfast Bowls	Low Calorie High Protein Taco Salad	Low Calorie High Protein Greek Salad
SUNDAY	Low Calorie High Protein Breakfast Burritos	Low Calorie High Protein Green Goddess Salad	Low Calorie Low Carb Steak Fajitas