

Low Calorie Soups & Sandwiches Edition

MENU PLANNER

WEEK OF _____

| | BREAKFAST | LUNCH | DINNER |
|-----------|--|----------------------------------|--|
| MONDAY | Low Calorie Cottage Cheese Breakfast Bowls | Low Calorie Broccoli Cheese Soup | Low Calorie Corn Chowder |
| TUESDAY | Low Calorie Scramble Breakfast Bowls | Low Calorie Chicken Gnocchi Soup | Low Calorie Caprese Panini Sandwich |
| WEDNESDAY | Low Calorie Cottage Cheese Breakfast Bowls | Low Calorie Broccoli Cheese Soup | Low Calorie Lasagna Soup |
| THURSDAY | Low Calorie Scramble Breakfast Bowls | Low Calorie Chicken Gnocchi Soup | Low Calorie Banh Mi Sandwiches |
| FRIDAY | Low Calorie Cottage Cheese Breakfast Bowls | Low Calorie Broccoli Cheese Soup | Low Calorie Lentil Curry Soup |
| SATURDAY | Low Calorie Scramble Breakfast Bowls | Low Calorie Chicken Gnocchi Soup | Low Calorie Mississippi Pot Roast Sandwiches |
| SUNDAY | Low Calorie Cottage Cheese Breakfast Bowls | Low Calorie Broccoli Cheese Soup | Low Calorie Philly Cheesesteak Sandwiches |