

Low Calorie Soups & Sandwiches Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Broccoli Cheese Soup	
TUESDAY	Low Calorie Scramble Breakfast Bowls	Low Calorie Chicken Gnocchi Soup	
WEDNESDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Broccoli Cheese Soup	
THURSDAY	Low Calorie Scramble Breakfast Bowls	Low Calorie Chicken Gnocchi Soup	
FRIDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Broccoli Cheese Soup	
SATURDAY	Low Calorie Scramble Breakfast Bowls	Low Calorie Chicken Gnocchi Soup	
SUNDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Broccoli Cheese Soup	