

# Low Calorie + High Protein Reader Favorites Edition

## MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie Meal Prep Chicken Salad	Low Calorie Buffalo Blue Cheese Burger
TUESDAY	Low Calorie Almond Butter Toast	Low Calorie Meal Prep Chicken Burrito Bowls	Low Calorie Tequila Lime Chicken Tacos
WEDNESDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie Meal Prep Chicken Salad	Low Calorie Skillet Pork Chops
THURSDAY	Low Calorie Almond Butter Toast	Low Calorie Meal Prep Chicken Burrito Bowls	Low Calorie Shrimp Scampi Pasta
FRIDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie Meal Prep Chicken Salad	Low Calorie Kung Pao Chicken
SATURDAY	Low Calorie Almond Butter Toast	Low Calorie Meal Prep Chicken Burrito Bowls	Low Calorie Crack Chicken
SUNDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie Meal Prep Chicken Salad	Low Calorie Chicken Enchiladas