

Low Calorie + Low Grain Meal Plan

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chicken Burrito Bowl	Low Calorie "Copycat" Green Goddess Salad
TUESDAY	Low Calorie Peanut Butter Smoothie	Low Calorie Chicken & Quinoa Tabbouleh Salad	Low Calorie Taco Casserole
WEDNESDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chicken Burrito Bowl	Low Calorie Spinach Artichoke Spaghetti Squash
THURSDAY	Low Calorie Peanut Butter Smoothie	Low Calorie Chicken & Quinoa Tabbouleh Salad	Low Calorie Meal Prep Boxes
FRIDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chicken Burrito Bowl	Low Calorie Stuffed Chicken Breasts
SATURDAY	Low Calorie Peanut Butter Smoothie	Low Calorie Chicken & Quinoa Tabbouleh Salad	Low Calorie Ham and Bean Soup
SUNDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chicken Burrito Bowl	Low Calorie Chicken Sheet Pan