

Weight Loss Breakfasts, Lunches & Dinners

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Chocolate Smoothie Bowl	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Tofu Bowls
TUESDAY	Low Calorie Acai Smoothie Bowls	Low Calorie Adult "Lunchables"	Low Calorie High Protein Fish Taco Bowls
WEDNESDAY	Low Calorie Protein Chocolate Smoothie Bowl	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Butternut Squash Salad
THURSDAY	Low Calorie Acai Smoothie Bowls	Low Calorie Adult "Lunchables"	Low Calorie Green Goddess Salad
FRIDAY	Low Calorie Protein Chocolate Smoothie Bowl	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Chicken Burrito Bowl
SATURDAY	Low Calorie Acai Smoothie Bowls	Low Calorie Adult "Lunchables"	Low Calorie Vegan Buddha Bowl
SUNDAY	Low Calorie Protein Chocolate Smoothie Bowl	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Creamy Chicken Stew