

# Low Calorie 25 Minute Dinners Edition

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	Low Calorie Quick Bean & Cheese Burritos
TUESDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie High Protein Turkey Meatball Meal Prep	Low Calorie Quick Beef Tacos
WEDNESDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	Low Calorie Quick Chicken Pad Thai
THURSDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie High Protein Turkey Meatball Meal Prep	Low Calorie Quick Chicken Quesadillas
FRIDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	Low Calorie Quick High Protein Pizza
SATURDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie High Protein Turkey Meatball Meal Prep	Low Calorie Quick Chicken w/ Gravy
SUNDAY	Low Calorie Meal Prep Breakfast Cookies	Low Calorie Greek Chicken Meal Prep	Low Calorie Quick High Protein Scallop Pasta