

Low Calorie + Low Sugar Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Low Sugar Bacon & Egg Scramble	Low Calorie Low Sugar Chicken Caesar Salad	Low Calorie Low Sugar White Chicken Chili
TUESDAY	Low Calorie Low Sugar Frittata	Low Calorie Low Sugar Green Goddess Salad	Low Calorie Low Sugar Lettuce Wrap Tacos
WEDNESDAY	Low Calorie Low Sugar Bacon & Egg Scramble	Low Calorie Low Sugar Chicken Caesar Salad	Low Calorie Low Sugar Chicken Pho
THURSDAY	Low Calorie Low Sugar Frittata	Low Calorie Low Sugar Green Goddess Salad	Low Calorie Low Sugar Lettuce Wrap Burgers
FRIDAY	Low Calorie Low Sugar Bacon & Egg Scramble	Low Calorie Low Sugar Chicken Caesar Salad	Low Calorie Low Sugar Chicken Parmesan
SATURDAY	Low Calorie Low Sugar Frittata	Low Calorie Low Sugar Green Goddess Salad	Low Calorie Low Sugar Beef Stew
SUNDAY	Low Calorie Low Sugar Bacon & Egg Scramble	Low Calorie Low Sugar Chicken Caesar Salad	Low Calorie Low Sugar Creamy Chicken Stew