

# Low Calorie High Protein Edition

## MENU PLANNER

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

|           | BREAKFAST  | LUNCH   | DINNER   |
|-----------|--|---|--|
| MONDAY    | Low Calorie<br>High Protein<br>Breakfast Burritos    | Low Calorie<br>High Protein<br>Adult Lunchables     | Low Calorie<br>High Protein<br>Chicken & Dumplings           |
| TUESDAY   | Low Calorie<br>High Protein<br>Cottage Cheese Toasts | Low Calorie<br>High Protein<br>Turkey Spinach Wraps | Low Calorie<br>High Protein<br>Taco Salad                    |
| WEDNESDAY | Low Calorie<br>High Protein<br>Breakfast Burritos    | Low Calorie<br>High Protein<br>Adult Lunchables     | Low Calorie<br>High Protein<br>Hasselback<br>Caprese Chicken |
| THURSDAY  | Low Calorie<br>High Protein<br>Cottage Cheese Toasts | Low Calorie<br>High Protein<br>Turkey Spinach Wraps | Low Calorie<br>High Protein<br>Chicken Enchilada<br>Soup     |
| FRIDAY    | Low Calorie<br>High Protein<br>Breakfast Burritos    | Low Calorie<br>High Protein<br>Adult Lunchables     | Low Calorie<br>High Protein<br>Sloppy Joes                   |
| SATURDAY  | Low Calorie<br>High Protein<br>Cottage Cheese Toasts | Low Calorie<br>High Protein<br>Turkey Spinach Wraps | Low Calorie<br>High Protein<br>Pot Roast                     |
| SUNDAY    | Low Calorie<br>High Protein<br>Breakfast Burritos    | Low Calorie<br>High Protein<br>Adult Lunchables     | Low Calorie<br>High Protein Lasagna<br>OR<br>Lasagna Soup    |