

Low Calorie Side Dish Heavy Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Greek Chicken Meal Prep	Low Calorie Pork Chops w/ Low Calorie Apple Coleslaw
TUESDAY	Low Calorie Omelette	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Birria Tacos w/ Low Calorie Mexican Corn Salad
WEDNESDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Greek Chicken Meal Prep	Low Calorie Salisbury Steak w/ Mashed Potatoes & Steamed Peas
THURSDAY	Low Calorie Omelette	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Monterey Chicken w/ Low Calorie
FRIDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Greek Chicken Meal Prep	Mashed Potatoes Low Calorie BBQ Chicken Pizza w/ Low Calorie Caesar Salad
SATURDAY	Low Calorie Omelette	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Minestrone Soup w/ "Olive Garden" Breadsticks
SUNDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Greek Chicken Meal Prep	Low Calorie Beef Teriyaki w/ Low Calorie Cauliflower Fried Rice