

Weight Loss Meal Plan Low Carb Dinners Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Banana Nut Pancakes	Low Calorie High Protein Cobb Salad	Low Calorie Hasselback Caprese Chicken
TUESDAY	Low Calorie Bacon and Egg Scramble	Low Calorie Banh Mi Sandwiches	Low Calorie Lettuce Wrap Tacos
WEDNESDAY	Low Calorie Banana Nut Pancakes	Low Calorie High Protein Cobb Salad	Low Calorie Low Carb Lettuce Wrap Burgers
THURSDAY	Low Calorie Bacon and Egg Scramble	Low Calorie Banh Mi Sandwiches	Low Calorie Smothered Crockpot Chicken
FRIDAY	Low Calorie Banana Nut Pancakes	Low Calorie High Protein Cobb Salad	Low Calorie Low Carb Crack Chicken
SATURDAY	Low Calorie Bacon and Egg Scramble	Low Calorie Banh Mi Sandwiches	Low Calorie Steak Kabobs
SUNDAY	Low Calorie Banana Nut Pancakes	Low Calorie High Protein Cobb Salad	Low Calorie Chicken Piccata