

# Free Weight Loss Meal Plan

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Hot Chocolate	Low Calorie Adult Lunchables	Low Calorie Turkey Chili
TUESDAY	Low Calorie Protein Blueberry Muffins	Low Calorie Low Carb Meal Prep Boxes	Low Calorie High Protein Tostadas
WEDNESDAY	Low Calorie Protein Hot Chocolate	Low Calorie Adult Lunchables	Low Calorie Lasagna Soup
THURSDAY	Low Calorie Protein Blueberry Muffins	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Protein Burrito Bowls
FRIDAY	Low Calorie Protein Hot Chocolate	Low Calorie Adult Lunchables	Low Calorie Pesto Chicken Pita Sandwiches
SATURDAY	Low Calorie Protein Blueberry Muffins	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Meatball Subs
SUNDAY	Low Calorie Protein Hot Chocolate	Low Calorie Adult Lunchables	Low Calorie Ham and Bean Soup