

Low Calorie Weight Loss Meal Plan

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Strawberry Banana Protein Smoothie	3 Ingredient Fat Burning Soup	Low Calorie Hawaiian Chicken
TUESDAY	Low Calorie Weight Loss Avocado Smoothie	Low Calorie Weight Loss Chicken Soup	Low Calorie Taco Casserole
WEDNESDAY	Low Calorie Strawberry Banana Protein Smoothie	3 Ingredient Fat Burning Soup	Low Calorie Beef Teriyaki
THURSDAY	Low Calorie Weight Loss Avocado Smoothie	Low Calorie Weight Loss Chicken Soup	Low Calorie Pesto Chicken Pita Sandwich
FRIDAY	Low Calorie Strawberry Banana Protein Smoothie	3 Ingredient Fat Burning Soup	Low Calorie Kung Pao Chicken
SATURDAY	Low Calorie Weight Loss Avocado Smoothie	Low Calorie Weight Loss Chicken Soup	Low Calorie Shepherd's Pie
SUNDAY	Low Calorie Strawberry Banana Protein Smoothie	3 Ingredient Fat Burning Soup	Low Calorie Chicken Pho Soup