

# Low Calorie Family Favorites

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Bean & Cheese Burritos	Low Calorie High Protein Mac and Cheese
TUESDAY	Low Calorie Protein Funfetti Milkshakes	Low Calorie Grilled Cheese Sandwiches and Tomato Soup	Low Calorie Beef Tacos
WEDNESDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Bean & Cheese Burritos	Low Calorie High Protein Baked Spaghetti
THURSDAY	Low Calorie Protein Funfetti Milkshakes	Low Calorie Grilled Cheese Sandwiches and Tomato Soup	Low Calorie High Protein Tostadas
FRIDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Bean & Cheese Burritos	Low Calorie Sheet Pan Pizza
SATURDAY	Low Calorie Protein Funfetti Milkshakes	Low Calorie Grilled Cheese Sandwiches and Tomato Soup	Low Calorie Sloppy Joes
SUNDAY	Low Calorie High Protein Pancake Tacos	Low Calorie Bean & Cheese Burritos	Low Calorie Burger Tacos