

# Low Calorie Hearty Lunches & Light Dinners

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Club Sandwiches	Low Calorie Sweet Potato Soup
TUESDAY	Low Calorie Breakfast Sandwiches	Low Calorie High Protein Chicken Wraps	Low Calorie Lettuce Wrap Tacos
WEDNESDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Club Sandwiches	Low Calorie Chicken Caesar Salad
THURSDAY	Low Calorie Breakfast Sandwiches	Low Calorie High Protein Chicken Wraps	Low Calorie Tomato Feta Zucchini Pasta
FRIDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Club Sandwiches	Low Calorie Chipotle Chicken Quesadilla
SATURDAY	Low Calorie Breakfast Sandwiches	Low Calorie High Protein Chicken Wraps	Low Calorie Lettuce Shrimp Wraps
SUNDAY	Low Calorie High Protein Blueberry Muffins	Low Calorie Club Sandwiches	Low Calorie Bean and Cheese Burritos