

Low Calorie Hearty Meals Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie Butternut Squash Salad
TUESDAY	Low Calorie Protein Breakfast Bowls	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie “Copycat” Double Decker Tacos
WEDNESDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie Chicken Gnocchi Soup
THURSDAY	Low Calorie Protein Breakfast Bowls	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Thai Curry Chicken
FRIDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie Burger Tacos
SATURDAY	Low Calorie Protein Breakfast Bowls	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Beef Lo Mein
SUNDAY	Low Calorie High Protein Oatmeal	Low Calorie Chicken Quinoa Meal Prep Salads	Low Calorie Chicken Pot Pie