

Weight Loss Smoothie Diet Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Birthday Cake Milkshakes	Low Calorie "Celeb Favorite" Green Smoothies	Low Calorie High Protein Chicken Sheet Pan
TUESDAY	Low Calorie High Protein Chocolate Smoothie Bowls	Low Calorie Tropical Avocado Weight Loss Smoothies	Low Calorie High Protein Taco Salad
WEDNESDAY	Low Calorie High Protein Birthday Cake Milkshakes	Low Calorie "Celeb Favorite" Green Smoothies	Low Calorie Smothered Crockpot Chicken
THURSDAY	Low Calorie High Protein Chocolate Smoothie Bowls	Low Calorie Tropical Avocado Weight Loss Smoothies	Low Calorie Philly Cheesesteak Sandwiches
FRIDAY	Low Calorie High Protein Birthday Cake Milkshakes	Low Calorie "Celeb Favorite" Green Smoothies	Low Calorie High Protein Pizza
SATURDAY	Low Calorie High Protein Chocolate Smoothie Bowls	Low Calorie Tropical Avocado Weight Loss Smoothies	Low Calorie Low Carb Chicken Parmesan
SUNDAY	Low Calorie High Protein Birthday Cake Milkshakes	Low Calorie "Celeb Favorite" Green Smoothies	Low Calorie Low Carb Beef Stew