

Low Calorie Soup Diet Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie "Loaded" Potato Soup	Low Calorie Broccoli Cheese Soup
TUESDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Lentil Curry Soup	Low Calorie Taco Soup
WEDNESDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie "Loaded" Potato Soup	Low Calorie Chicken Lemon Rice Soup
THURSDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Lentil Curry Soup	Low Calorie Chicken Gnocchi Soup
FRIDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie "Loaded" Potato Soup	Low Calorie Lasagna Soup
SATURDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Lentil Curry Soup	Low Calorie Beef Stew
SUNDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie "Loaded" Potato Soup	Low Calorie Tortellini Soup