

Weight Loss Salads Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Berry Smoothie Protein Bowls	Low Calorie Meal Prep Mason Jar Salads	Low Calorie Green Goddess Salad
TUESDAY	Low Calorie Spinach Omelet	Low Calorie Meal Prep Chicken Tabbouleh Salads	Low Calorie Taco Salad
WEDNESDAY	Low Calorie Berry Smoothie Protein Bowls	Low Calorie Meal Prep Mason Jar Salads	Low Calorie Chicken Caesar Salad
THURSDAY	Low Calorie Spinach Omelet	Low Calorie Meal Prep Chicken Tabbouleh Salads	Low Calorie High Protein Greek Salad
FRIDAY	Low Calorie Berry Smoothie Protein Bowls	Low Calorie Meal Prep Mason Jar Salads	Low Calorie Antipasto Salad
SATURDAY	Low Calorie Spinach Omelet	Low Calorie Meal Prep Chicken Tabbouleh Salads	Low Calorie Cobb Salad
SUNDAY	Low Calorie Berry Smoothie Protein Bowls	Low Calorie Meal Prep Mason Jar Salads	Low Calorie Strawberry Spinach Salad with Chicken