

# Super-Charged Weight Loss Edition!

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Weight Loss Meal Replacement Smoothie	Low Calorie High Protein Chicken Wraps	Low Calorie (No Cook) Weight Loss Salad
TUESDAY	Low Calorie Tropical Celery Smoothie	Low Calorie (No Cook) Turkey Spinach Wraps	Low Calorie Slimming Cauliflower Soup
WEDNESDAY	Low Calorie Weight Loss Meal Replacement Smoothie	Low Calorie High Protein Chicken Wraps	Low Calorie (No Cook) Chickpea Avocado Salad
THURSDAY	Low Calorie Tropical Celery Smoothie	Low Calorie (No Cook) Turkey Spinach Wraps	Low Calorie Sweet Potato Soup
FRIDAY	Low Calorie Weight Loss Meal Replacement Smoothie	Low Calorie High Protein Chicken Wraps	Low Calorie Chicken Caesar Salad
SATURDAY	Low Calorie Tropical Celery Smoothie	Low Calorie (No Cook) Turkey Spinach Wraps	Low Calorie Weight Loss Chicken Soup
SUNDAY	Low Calorie Weight Loss Meal Replacement Smoothie	Low Calorie High Protein Chicken Wraps	Low Calorie Baked Meatball Casserole