

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Protein Boosted Eggs	Low Calorie Low Carb Cobb Salads	Low Calorie Tomato Feta Zucchini Pasta
TUESDAY	Low Calorie Low Carb Weight Loss Smoothies	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Low Carb Taco Casserole
WEDNESDAY	Low Calorie Protein Boosted Eggs	Low Calorie Low Carb Cobb Salads	Low Calorie Low Carb Monterey Chicken
THURSDAY	Low Calorie Low Carb Weight Loss Smoothies	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Low Carb Meatball Casserole
FRIDAY	Low Calorie Protein Boosted Eggs	Low Calorie Low Carb Cobb Salads	Low Calorie Low Carb Protein Stuffed Zucchini
SATURDAY	Low Calorie Low Carb Weight Loss Smoothies	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Low Carb Lettuce Wrap Burgers
SUNDAY	Low Calorie Protein Boosted Eggs	Low Calorie Low Carb Cobb Salads	Low Calorie Low Carb Stuffed Chicken Breasts