

# Low Calorie Kid Friendly Meal Plan

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie Crispy Chicken Ranch Wraps	Low Calorie "Hidden Veggie" Sloppy Joes
TUESDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie Bacon & Turkey "Club" Sandwiches	Low Calorie Taco Casserole w/ Chips
WEDNESDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie Crispy Chicken Ranch Wraps	Low Calorie Heart Shaped Pizza
THURSDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie Bacon & Turkey "Club" Sandwiches	Low Calorie High Protein Mac and Cheese
FRIDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie Crispy Chicken Ranch Wraps	Low Calorie Lettuce Wrap Burgers (w/ buns for kids)
SATURDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie Bacon & Turkey "Club" Sandwiches	Low Calorie High Protein Tostadas
SUNDAY	Low Calorie Meal Prep Breakfast Sandwiches	Low Calorie Crispy Chicken Ranch Wraps	Low Calorie Grilled Cheese w/ Low Calorie Tomato Soup

Disclaimer- I do not condone putting kids on diets, and this week's plan is not meant to suggest you should. It is just so you can make healthy meals everyone in your home will love. If you find this problematic, please see link for many more meal plans!