

# Low Calorie Reader Favorite Chicken Meal Plan

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Pesto Chicken Pitas	Low Calorie Chicken Gnocchi Soup
TUESDAY	Low Calorie Pesto Egg Toast	Low Calorie High Protein Chicken Wraps	Low Calorie Monterey Chicken
WEDNESDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Pesto Chicken Pitas	Low Calorie Chicken Alfredo Pizza
THURSDAY	Low Calorie Pesto Egg Toast	Low Calorie High Protein Chicken Wraps	Low Calorie Rainbow Chicken Sheet Pan Dinner
FRIDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Pesto Chicken Pitas	Low Calorie Stuffed Chicken Breasts
SATURDAY	Low Calorie Pesto Egg Toast	Low Calorie High Protein Chicken Wraps	Low Calorie Chicken Tetrazzini
SUNDAY	Low Calorie Meal Prep Breakfast Bowls	Low Calorie Pesto Chicken Pitas	Low Calorie Szechuan Chicken