

Low Calorie Comfort Food Meal Plan

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Blueberry Pancakes	Low Calorie Taco Salad	Low Calorie Chicken Parmesan
TUESDAY	Low Calorie Breakfast Burritos	Low Calorie Tuna Melt OR Low Calorie Caprese Panini	Low Calorie Shrimp Tacos
WEDNESDAY	Low Calorie Blueberry Pancakes	Low Calorie Taco Salad	Low Calorie Salisbury Steak & Mashed Potatoes
THURSDAY	Low Calorie Breakfast Burritos	Low Calorie Tuna Melt OR Low Calorie Caprese Panini	Low Calorie Burrito Protein Bowls
FRIDAY	Low Calorie Blueberry Pancakes	Low Calorie Taco Salad	Low Calorie High Protein Pizza
SATURDAY	Low Calorie Breakfast Burritos	Low Calorie Tuna Melt OR Low Calorie Caprese Panini	Low Calorie Burgers & Fries
SUNDAY	Low Calorie Blueberry Pancakes	Low Calorie Taco Salad	Low Calorie Shepherd's Pie