

# Low Calorie “Lent” Meal Plan

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Tofu Protein Bowls	Low Calorie Butternut Squash Pasta
TUESDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chickpea Avocado Salad	Low Calorie Fish Tacos
WEDNESDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Tofu Protein Bowls	Low Calorie High Protein Lemon Scallop Pasta
THURSDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chickpea Avocado Salad	Low Calorie Shrimp Caesar Salad
FRIDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Tofu Protein Bowls	Low Calorie Tuna Melt Sandwich
SATURDAY	Low Calorie Southwest Breakfast Scramble	Low Calorie Chickpea Avocado Salad	Low Calorie Pesto Pizza
SUNDAY	Low Calorie Cranberry Orange Oatmeal	Low Calorie Tofu Protein Bowls	Low Calorie Fish Sandwiches