

Low Calorie + High Protein BATCH COOKING Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Grated Egg Avocado Toast*	Low Calorie Chicken Salad Sandwiches*	Low Calorie High Protein Sheet Pan Nachos
TUESDAY	Low Calorie Protein French Toast*	Low Calorie Protein Packed Cobb Salad	Low Calorie Birria Tacos
WEDNESDAY	Low Calorie Grated Egg Avocado Toast*	Low Calorie Chicken Salad Sandwiches*	Low Calorie Protein Packed Chicken Parmesan Pasta
THURSDAY	Low Calorie Protein French Toast*	Low Calorie Protein Packed Cobb Salad	Low Calorie Protein Bowls
FRIDAY	Low Calorie Grated Egg Avocado Toast*	Low Calorie Chicken Salad Sandwiches*	Low Calorie BBQ Chicken Pizza
SATURDAY	Low Calorie Protein French Toast*	Low Calorie Protein Packed Cobb Salad	Low Calorie Chicken Pot Pie
SUNDAY	Low Calorie Grated Egg Avocado Toast*	Low Calorie Chicken Salad Sandwiches*	Low Calorie Protein Packed Enchiladas

* With Low Calorie High Protein Bread!