

Low Calorie + Low Carb + High Protein Meal Plan

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Low Carb Banana Protein Pancakes	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Low Carb Portobello Pizzas
TUESDAY	Low Calorie Low Carb Frittata	Low Calorie Low Carb Chicken Caesar Salads	Low Calorie Low Carb Taco Casserole
WEDNESDAY	Low Calorie Low Carb Banana Protein Pancakes	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Low Carb Baked Meatball Casserole
THURSDAY	Low Calorie Low Carb Frittata	Low Calorie Low Carb Chicken Caesar Salads	Low Calorie Low Carb Taco Salads
FRIDAY	Low Calorie Low Carb Banana Protein Pancakes	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Low Carb Chicken Stew
SATURDAY	Low Calorie Low Carb Frittata	Low Calorie Low Carb Chicken Caesar Salads	Low Calorie Low Carb Burger Tacos
SUNDAY	Low Calorie Low Carb Banana Protein Pancakes	Low Calorie Low Carb Meal Prep Boxes	Low Calorie Low Carb Chicken Cordon Bleu