

Low Calorie Meal Prep Breakfasts & Lunches

Low Calorie Extra Easy Dinners

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Egg Bites	Low Calorie Meal Prep Green Goddess Salad	Low Calorie Protein Pizza Bagels
TUESDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Chicken Quinoa Salad	Low Calorie Fast Steak Fajitas
WEDNESDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Chicken Quinoa Salad	Low Calorie One Pan Italian Sausage Dinner
THURSDAY	Low Calorie Meal Prep Egg Bites	Low Calorie Meal Prep Green Goddess Salad	Low Calorie Chipotle Chicken Quesadilla
FRIDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Chicken Quinoa Salad	Low Calorie Lettuce Shrimp Wraps
SATURDAY	Low Calorie Meal Prep Egg Bites	Low Calorie Meal Prep Green Goddess Salad	Low Calorie Crockpot Chicken
SUNDAY	Low Calorie Meal Prep Overnight Oats	Low Calorie Meal Prep Chicken Quinoa Salad	Low Calorie Chicken Marsala