

# Low Calorie Meal Prep Planner

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie "No Cook" Tuna Meal Prep Salads	Low Calorie Meal Prep Buddha Bowls
TUESDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie "No Cook" Vegetarian Protein Salads	Low Calorie Chicken Taco Meal Prep Bowls
WEDNESDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie "No Cook" Tuna Meal Prep Salads	Low Calorie Low Carb Meal Prep Boxes
THURSDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie "No Cook" Vegetarian Protein Salads	Low Calorie Teriyaki Turkey Meatball Meal Prep Boxes
FRIDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie "No Cook" Tuna Meal Prep Salads	Low Calorie Greek Chicken Meal Prep Boxes
SATURDAY	Low Calorie Meal Prep Protein Waffles	Low Calorie "No Cook" Vegetarian Protein Salads	Low Calorie Teriyaki Chicken Meal Prep Bowls
SUNDAY	Low Calorie Meal Prep Breakfast Burritos	Low Calorie "No Cook" Tuna Meal Prep Salads	Low Calorie Meal Prep Shepherd's Pie Casserole