

Low Calorie Spring Inspired Recipes

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Peanut Butter Strawberry Smoothies	Low Calorie Crispy Chicken Wraps	Low Calorie Eggplant Parmesan
TUESDAY	Low Calorie Spinach Feta Omelet	Low Calorie Strawberry Spinach Salads w/ Chicken	Low Calorie Fish Tacos
WEDNESDAY	Low Calorie Peanut Butter Strawberry Smoothies	Low Calorie Crispy Chicken Wraps	Low Calorie Buffalo Blue Cheese Burgers
THURSDAY	Low Calorie Spinach Feta Omelet	Low Calorie Strawberry Spinach Salads w/ Chicken	Low Calorie White Chicken Chili
FRIDAY	Low Calorie Peanut Butter Strawberry Smoothies	Low Calorie Crispy Chicken Wraps	Low Calorie Fettuccine Chicken Alfredo
SATURDAY	Low Calorie Spinach Feta Omelet	Low Calorie Strawberry Spinach Salads w/ Chicken	Low Calorie Chicken Parmesan
SUNDAY	Low Calorie Peanut Butter Strawberry Smoothies	Low Calorie Crispy Chicken Wraps	Low Calorie Pot Roast