

# Low Calorie Extra Hearty and Filling Recipes

## MENU PLANNER

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

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie High Protein Chocolate Smoothie Bowl	Low Calorie High Protein Chicken Wraps	Low Calorie Potato Soup
TUESDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie No Cook Turkey Spinach Wraps	Low Calorie High Protein Tostadas
WEDNESDAY	Low Calorie High Protein Chocolate Smoothie Bowl	Low Calorie High Protein Chicken Wraps	Low Calorie Beef Stroganoff
THURSDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie No Cook Turkey Spinach Wraps	Low Calorie Sweet and Sour Chicken
FRIDAY	Low Calorie High Protein Chocolate Smoothie Bowl	Low Calorie High Protein Chicken Wraps	Low Calorie Steak Sandwiches
SATURDAY	Low Calorie Meal Prep Breakfast Casserole	Low Calorie No Cook Turkey Spinach Wraps	Low Calorie Chicken Pot Pie
SUNDAY	Low Calorie High Protein Chocolate Smoothie Bowl	Low Calorie High Protein Chicken Wraps	Low Calorie Protein Stuffed Butternut Squash