

Low Calorie + Low Cost Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Oatmeal Casserole	Low Calorie High Protein Chicken Wraps	Low Calorie Tomato Feta Zucchini Pasta
TUESDAY	Low Calorie Breakfast Burrito	Low Calorie Green Goddess Salad	Low Calorie Bean & Cheese Burritos
WEDNESDAY	Low Calorie Oatmeal Casserole	Low Calorie High Protein Chicken Wraps	Low Calorie Chicken Lettuce Wraps
THURSDAY	Low Calorie Breakfast Burrito	Low Calorie Green Goddess Salad	Low Calorie Pasta Casserole
FRIDAY	Low Calorie Oatmeal Casserole	Low Calorie High Protein Chicken Wraps	Low Calorie Portobello Mushroom Pizzas
SATURDAY	Low Calorie Breakfast Burrito	Low Calorie Green Goddess Salad	Low Calorie Spinach Pasta
SUNDAY	Low Calorie Oatmeal Casserole	Low Calorie High Protein Chicken Wraps	Low Calorie One Pan Baked Sausage Meal