

Low Calorie Dopamine Boosting Menu

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Oatmeal Muffins	Low Calorie Chickpea Avocado Salad	Low Calorie Strawberry Spinach Salad w/ Chicken
TUESDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Tandoori Chicken Wrap	Low Calorie Chicken Gnocchi Soup
WEDNESDAY	Low Calorie Oatmeal Muffins	Low Calorie Chickpea Avocado Salad	Low Calorie Antipasto Salad
THURSDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Tandoori Chicken Wrap	Low Calorie Tofu Bowls
FRIDAY	Low Calorie Oatmeal Muffins	Low Calorie Chickpea Avocado Salad	Low Calorie High Protein Stuffed Tomatoes
SATURDAY	Low Calorie Banana Split Breakfast Bowls	Low Calorie Tandoori Chicken Wrap	Low Calorie Cobb Salad
SUNDAY	Low Calorie Oatmeal Muffins	Low Calorie Chickpea Avocado Salad	Low Calorie Stuffed Chicken Breasts