

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Carrot Soup	Low Calorie Weight Loss Chicken Soup
TUESDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Cauliflower Soup	Low Calorie Cabbage Soup
WEDNESDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Carrot Soup	
THURSDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Cauliflower Soup	
FRIDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Carrot Soup	
SATURDAY	Low Calorie High Protein Yogurt Bowls	Low Calorie Cauliflower Soup	
SUNDAY	Low Calorie Cottage Cheese Breakfast Bowls	Low Calorie Carrot Soup	