

# Weekly Menu Planner

Week of 9/11 - 9/17

	Breakfast	Lunch	Dinner
Monday	Chocolate Weight & Inches	Sunday Night Leftovers	*Spinach Salad with Chicken, Avocado & Goat Cheese
Tuesday	Protein Vanilla Cappuccino and Strawberry Protein Bar	Extra Grilled Chicken & Avocado in Low-Carb Wrap	*Tuscan Chicken Skillet
Wednesday	Cottage Cheese with Strawberries & Blueberries	Tuesday Night Leftovers	*Lasagna Soup with Side Salad
Thursday	Greek Yogurt and 2 *Pumpkin Protein Balls	Spinach Salad with Chicken, Goat Cheese & Strawberries	*Chicken Lettuce Wraps with Riced Cauliflower
Friday	Vanilla Weight & Inches	Wednesday Night Leftovers	*Shrimp Scampi with Zucchini Noodles
Saturday	**Cream Cheese Pancakes with Raspberries (Under Low-Carb Tricks)	Tuna Salad in Avocado Half	Stuffed Peppers with Turkey Sausage, Veggies & Cheese
Sunday	*Bacon Mushroom Frittata	*Crispy Pork Medallions with Green Beans	*Grilled Salmon Kabobs with Zucchini & Yellow Squash

Shopping List
Chicken breasts
Shrimp
Ground Turkey
Turkey Bacon
Parmesan Cheese
Shredded Cheddar
Goat Cheese
Low-Fat Cream Cheese
Eggs
Cheese Sticks
Greek Yogurt
Strawberries
Bludberries
Raspberries
Cherry Tomatoes
Baby Spinach Red Peppers
Avocado Zucchini
Tomatoes (Cherry & Sun-dried)
Boston Lettuce
Onion Red Peppers
Roasted Red Pepper
Low-Carb Wraps
Frozen Artichokes
Mushrooms (Baby bella & Shiratake)
Canned Tomatoes (diced & sauce)
Pinenuts Water Chestnuts
Black Beans
<b>Nutrition Store:</b>
Weight & Inches
Protein Bars
Protein Cappuccino

**Notes:** \*Recipe on CFWLS.com, \*\*Recipe on Pinterest Page,  
Snacks: Nuts, Seeds, Greek Yogurt, Cheese Sticks, Protein Bar

# Weekly Menu Planner

Week 2

	Breakfast	Lunch	Dinner	Shopping List
Monday	Chocolate Weight & Inches with 1 Tbls. PB2	Pinwheel Wraps	*Sausage & Artichoke Pasta	
Tuesday	Protein Vanilla Cappuccino and Strawberry Protein Bar	Spinach Salad with Chicken, Goat Cheese & Mandarin Oranges	*Chicken Fajita Kabobs with Creamy Cilantro-Lime Sauce	
Wednesday	Cottage Cheese with Mandarin Oranges	Monday Night Leftovers	*Chicken & White Bean Chili	
Thursday	Greek Yogurt and 2 *Cookie Dough Protein Balls	*Steak & Boursin Bells	*Chicken with Apples & Thyme	
Friday	Vanilla Weight & Inches with 2 Tbls. Canned Pumpkin & dash of cinnamon & nutmeg	Wednesday Night Leftovers	*Low-Carb Mac'n'Cheese	
Saturday	***WOW Protein Waffles	1/2 Low-Carb Wrap with Tuna Salad	Low-Carb Fish Tacos	
Sunday	*Easy Eggs for Make-Ahead Breakfast (Make extra for the next week)	**BBQ Chicken Salad	*Broccoli-Stuffed Sole	
<p><b>Notes:</b> *Recipe on CFWLS.com, **Recipe on Pinterest Page, ***CFWLS Store Online Recipe Book</p> <p>Snacks: Nuts, Seeds, Greek Yogurt, Cheese Sticks, Protein Bar, Protein Drinks</p>				

# Weekly Menu Planner

Week 3

	Breakfast	Lunch	Dinner	Shopping List
Monday	Vanilla Weight & Inches	2 Cheese Sticks with Deli Turkey & Dill Pickle	*BBQ Shrimp	
Tuesday	Protein Cappuccino and Creamy Peanut Butter Protein Bar	*Almond Chicken Salad	*Lemon Chicken Stir-Fry with Green Beans	
Wednesday	Greek Yogurt with Sunflower Seeds	Tuesday Night Leftovers	*Dr. Clark's Turkey Sliders	
Thursday	Protein Hot Chocolate with Protein Biscotti	*Steak & Boursin Bells	*Tilapia & Tomatoes	
Friday	Chocolate Weight & Inches	Wednesday Night Leftovers	Chicken Breasts with *Low-Carb BBQ Sauce and Grilled Sweet Peppers	
Saturday	*Sweet Potato Muffins	*Fettuccine with Spinach and Tomatoes	*Honey Mustard Salmon & Roasted Asparagus	
Sunday	*Mini Frittatas	**Scallop Packets with Dill & Garlic	*Crustless Broccoli Cheese Quiche	
<p><b>Notes:</b> *Recipe on CFWLS.com, **Recipe on Pinterest Page, ***CFWLS Store Online Recipe Book</p> <p>Snacks: Nuts, Seeds, Greek Yogurt, Cheese Sticks, Protein Bar, Protein Drinks</p>				