

Skinnytaste Meal Plan (3/21/22-3/27/22)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	High-Protein Scrambled Eggs (½ recipe) with 1 ounce avocado and 2 tablespoons salsa Cals: 227 Pro: 18.5 g Carbs: 6 g Fat: 14.5 g	Greek Yogurt with Berries, Nuts and Honey Cals: 250 Pro: 19.5 g Carbs: 35.5 g Fat: 4.5 g	High-Protein Scrambled Eggs (½ recipe) with 1 ounce avocado and 2 tablespoons salsa Cals: 227 Pro: 18.5 g Carbs: 6 g Fat: 14.5 g	Greek Yogurt with Berries, Nuts and Honey Cals: 250 Pro: 19.5 g Carbs: 35.5 g Fat: 4.5 g	High-Protein Scrambled Eggs (½ recipe) with 1 cup strawberries Cals: 219 Pro: 18.5 g Carbs: 12.5 g Fat: 11 g	Stuffed Bagel Balls * with 1 cup mixed berries Cals: 257 Pro: 11.5 g Carbs: 46 g Fat: 3.5 g	Huevos Rancheros (recipe x 2) Cals: 414 Pro: 22.5 g Carbs: 42 g Fat: 18.5 g
Lunch	Chickpea Avocado Salad and ¼ cup shelled pistachios Cals: 419 Pro: 15.5 g Carbs: 40 g Fat: 24 g	LEFTOVER Mushroom Risotto with 2 cups arugula, ½ ounce shaved parmesan and 2 teaspoons light balsamic vinaigrette Cals: 413 Pro: 18 g Carbs: 56 g Fat: 11 g	LEFTOVER Chickpea Avocado Salad and ¼ cup shelled pistachios Cals: 419 Pro: 15.5 g Carbs: 40 g Fat: 24 g	LEFTOVER Colombian Carne en Bistec over ¾ cups brown rice Cals: 352 Pro: 29 g Carbs: 36.5 g Fat: 8.5 g	Spiralized Raw Zucchini Salad with Avocado and Edamame and ¼ cup shelled pistachios Cals: 430 Pro: 14.5 g Carbs: 28.5 g Fat: 32 g	Zesty Lime Shrimp and Avocado Salad Cals: 197 Pro: 25 g Carbs: 7 g Fat: 8 g	Chicken Parmesan Rolls with 8 baby carrots Cals: 287 Pro: 28 g Carbs: 34.5 g Fat: 4.5 g
Dinner	Mushroom Risotto with 2 cups arugula, ½ ounce shaved parmesan and 2 teaspoons light balsamic vinaigrette Cals: 413 Pro: 17 g Carbs: 54.5 g Fat: 10.5 g	Turkey Enchilada Stuffed Poblanos Rellenos with Instant Pot Cilantro Lime Rice Cals: 427 Pro: 25 g Carbs: 48.5 g Fat: 8.5 g	Colombian Carne en Bistec over ¾ cups brown rice and a fried egg Cals: 424 Pro: 35 g Carbs: 37 g Fat: 13.5 g	Air Fryer Chicken Milanese with Mediterranean Salad Cals: 562 Pro: 63 g Carbs: 28.5 g Fat: 21 g	Tuna Noodle Casserole Cals: 318 Pro: 27.5 g Carbs: 34.5 g Fat: 7 g	DINNER OUT!	Easy Inside Out Turkey Cheeseburgers with Rainbow Potato Salad Cals: 487 Pro: 37 g Carbs: 44.5 g Fat: 18.5 g
Total Daily Calories	Calories: 1,059	Calories: 1,090	Calories: 1,070	Calories: 1,164	Calories: 967	Calories: 454	Calories: 1,188
Notes						*Double dough for lunch Saturday	