

Skinnytaste Meal Plan (8/3-8/9)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	Banana Bread Muffin in a Cup and 1 cup mixed berries <i>Calories</i> Muffin: 108 Berries: 84 Total: 192 (2B 2G 2P)	Strawberry Peanut Butter Swirl Smoothie Bowls (½ recipe) <i>Calories</i> Total: 260 (7B 7G 7P)	Banana Bread Muffin in a Cup and 1 cup mixed berries <i>Calories</i> Muffin: 108 Berries: 84 Total: 192 (2B 2G 2P)	Strawberry Peanut Butter Swirl Smoothie Bowls (½ recipe) <i>Calories</i> Total: 260 (7B 7G 7P)	1 cup nonfat plain Greek yogurt with ½ cup sliced bananas and blueberries <i>Calories</i> Yogurt: 133 Fruit: 54 Total: 187 (0B 3G 0P)	Summer Quinoa Breakfast Bowls (recipe x 2) <i>Calories</i> Total: 180 (6B 6G 3P)	Crustless Quiche Lorraine with a peach <i>Calories</i> Quiche: 205 Peach: 58 Total: 263 (5B 7G 5P)	
Lunch	Classic Egg Salad* on 1 slice whole grain bread and a plum <i>Calories</i> Salad: 185 Bread: 110 Plum: 30 Total: 353 (6B 9G 6P)	Classic Egg Salad on 1 slice whole grain bread and a peach <i>Calories</i> Salad: 185 Bread: 110 Peach: 58 Total: 353 (6B 9G 6P)	Classic Egg Salad on 1 slice whole grain bread and a peach <i>Calories</i> Salad: 185 Bread: 110 Peach: 58 Total: 353 (6B 9G 6P)	BBQ Chicken Salad** <i>Calories</i> Total: 241 (2B 5G 2P)	BBQ Chicken Salad <i>Calories</i> Total: 241 (2B 5G 2P)	Spicy California Shrimp Stack <i>Calories</i> Total: 225 (5B 5G 3P)	BLT with Avocado (recipe x 4) <i>Calories</i> Total: 292 (9B 9G 9P)	
Dinner	Eggplant and Tomato Sauce over 1 cup whole wheat penne and a green salad* <i>Calories</i> Sauce: 127 Penne: 145 Salad: 94 Total: 366 (7B 7G 3P)	Instant Pot Garlicky Cuban Pork with 2 corn tortillas, ¼ cup salsa and 1 ounce avocado <i>Calories</i> Pork: 213 Tortillas: 116 Salsa: 18 Avocado: 45 Total: 392 (9B 9G 9P)	LEFTOVER Instant Pot Garlicky Cuban Pork over ½ cup brown rice with Quick Cabbage Slaw <i>Calories</i> Pork: 213 Rice: 164 Slaw: 88 Total: 465 (12B 12G 7P)	Steak & Caramelized Onions with Arugula and Penne <i>Calories</i> Total: 384 (9B 9G 6P)	Foil Packet Spice Rubbed Fish with Watermelon Salsa and Scallion Cilantro Rice with Habaneros and Lime <i>Calories</i> Fish: 314 Rice: 192 Total: 506 (9B 11G 9P)	ORDER IN!		Grilled Chicken Avocado and Mango Salad with 2 ounces multigrain baguette <i>Calories</i> Salad: 258 Bread: 130 Total: 388 (7B 9G 7P)
Totals	Calories: 911 WW Points: 15B 18G 11P	Calories: 1,005 WW Points: 22B 25G 22P	Calories: 1,010 WW Points: 20B 23G 15P	Calories: 885 WW Points: 18B 21G 15P	Calories: 934 WW Points: 11B 19G 11P	Calories: 405 WW Points: 11B 11G 6P	Calories: 943 WW Points: 21B 25G 21P	

Notes	*Prep Egg Salad Sunday night, if desired. Green salad includes 6 cups mixed greens, 2 scallions, ½ cup each: tomatoes, cucumber, carrots, chickpeas and ¼ cup light vinaigrette.			**Cook and prep BBQ Chicken Salad Wednesday night, if desired.			
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