

### Skinnytaste HIGH PROTEIN Meal Plan (5/19/25-5/25/25)

| Day       | Breakfast                                                                                                                                        | Lunch                                                                                                                                                                                                   | Dinner                                                                                                                                                                                        | Daily Totals                                                              | Notes |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------|
| Monday    | <a href="#">Meal Prep Breakfast Taco Scramble</a><br><br><b>Cals: 450 Pro: 46 g Carbs: 24.5 g Fat: 19 g</b><br><b>WW Points: 3</b>               | <a href="#">Cranberry Chicken Salad on Apple Slices</a><br><br><b>Cals: 439 Pro: 36 g Carbs: 30 g Fat: 20 g</b><br><b>WW Points: 6</b>                                                                  | <a href="#">Spicy Gochujang Tofu Bowl</a> (recipe x 2)<br><br><b>Cals: 473 Pro: 26 g Carbs: 50 g Fat: 19 g</b><br><b>WW Points: 9</b>                                                         | <b>Calories: 1,362</b><br><b>Protein: 108 g</b><br><b>WW Points: 18</b>   |       |
| Tuesday   | <a href="#">Meal Prep Breakfast Taco Scramble</a><br><br><b>Cals: 450 Pro: 46 g Carbs: 24.5 g Fat: 19 g</b><br><b>WW Points: 3</b>               | <a href="#">Cranberry Chicken Salad on Apple Slices</a><br><br><b>Cals: 439 Pro: 36 g Carbs: 30 g Fat: 20 g</b><br><b>WW Points: 6</b>                                                                  | <a href="#">Madison's Favorite Beef Tacos</a> with <a href="#">Quick and Delicious Cuban Style Black Beans</a><br><br><b>Cals: 496 Pro: 38 g Carbs: 44 g Fat: 23 g</b><br><b>WW Points: 7</b> | <b>Calories: 1,385</b><br><b>Protein: 120 g</b><br><b>WW Points: 16</b>   |       |
| Wednesday | <a href="#">Meal Prep Breakfast Taco Scramble</a><br><br><b>Cals: 450 Pro: 46 g Carbs: 24.5 g Fat: 19 g</b><br><b>WW Points: 3</b>               | LEFTOVER <a href="#">Madison's Favorite Beef Tacos</a><br><br><b>Cals: 382 Pro: 31 g Carbs: 24 g Fat: 20 g</b><br><b>WW Points: 6</b>                                                                   | <a href="#">Air Fryer Cajun Shrimp Dinner</a> with ¾ cup brown rice<br><br><b>Cals: 448 Pro: 34.5 g Carbs: 42.5g Fat: 15 g</b><br><b>WW Points: 8</b>                                         | <b>Calories: 1,280</b><br><b>Protein: 111.5 g</b><br><b>WW Points: 17</b> |       |
| Thursday  | <a href="#">Meal Prep Breakfast Taco Scramble</a><br><br><b>Cals: 450 Pro: 46 g Carbs: 24.5 g Fat: 19 g</b><br><b>WW Points: 3</b>               | LEFTOVER <a href="#">Madison's Favorite Beef Tacos</a><br><br><b>Cals: 382 Pro: 31 g Carbs: 24 g Fat: 20 g</b><br><b>WW Points: 6</b>                                                                   | <a href="#">Chicken Pasta Primavera</a> and <a href="#">Arugula Salad</a><br><br><b>Cals: 465 Pro: 33.5 g Carbs: 50 g Fat: 15 g</b><br><b>WW Points: 10</b>                                   | <b>Calories: 1,297</b><br><b>Protein: 110.5 g</b><br><b>WW Points: 19</b> |       |
| Friday    | <a href="#">Savory Cottage Cheese Breakfast Bowl</a><br><br><b>Cals: 221 Pro: 25 g Carbs: 19 g Fat: 8 g</b><br><b>WW Points: 3</b>               | LEFTOVER <a href="#">Chicken Pasta Primavera</a> and ¼ cup pistachios<br><br><b>Cals: 542 Pro: 36 g Carbs: 56 g Fat: 20.5 g</b><br><b>WW Points: 12</b>                                                 | <a href="#">Fish Florentine</a> with <a href="#">Mashed Cauliflower</a><br><br><b>Cals: 413 Pro: 46.5 g Carbs: 14.5 g Fat: 19.5 g</b><br><b>WW Points: 8</b>                                  | <b>Calories: 1,176</b><br><b>Protein: 107.5 g</b><br><b>WW Points: 23</b> |       |
| Saturday  | <a href="#">Roasted Strawberry Protein Smoothie</a> (recipe x 4)<br><br><b>Cals: 213 Pro: 16 g Carbs: 33 g Fat: 3.5 g</b><br><b>WW Points: 7</b> | <a href="#">Open-Faced Tuna Melt Sandwich</a> (recipe x 2) and an apple<br><br><b>Cals: 326 Pro: 29 g Carbs: 39.5 g Fat: 7 g</b><br><b>WW Points: 5</b>                                                 | <b>DINNER OUT!</b>                                                                                                                                                                            | <b>Calories: 539</b><br><b>Protein: 45 g</b><br><b>WW Points: 12</b>      |       |
| Sunday    | <a href="#">Breakfast Burritos</a> with 1 cup pineapple<br><br><b>Cals: 344 Pro: 22 g Carbs: 39.5 g Fat: 16 g</b><br><b>WW Points: 5</b>         | <a href="#">Grilled Shrimp</a> with <a href="#">Tortellini Pasta Salad</a> and <a href="#">Cucumber Melon Salad</a><br><br><b>Cals: 515 Pro: 45 g Carbs: 38.5 g Fat: 21.5 g</b><br><b>WW Points: 13</b> | <a href="#">Turkey Burger</a> with <a href="#">Rainbow Potato Salad</a> and <a href="#">Coleslaw</a><br><br><b>Cals: 602 Pro: 34 g Carbs: 64.5 g Fat: 24 g</b><br><b>WW Points: 8</b>         | <b>Calories: 1,461</b><br><b>Protein: 101 g</b><br><b>WW Points: 28</b>   |       |

