

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

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

