

**Skinnytaste Meal Plan (5/8/23-5/14/23)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<a href="#">Overnight Oats in a Jar</a> Cals: 236 Pro: 6 g Carbs: 34.5 g Fat: 10 g WW Points: 2	<a href="#">Cottage Cheese and Egg and Sausage Frittata</a> with 1 cup mixed berries Cals: 317 Pro: 22.5 g Carbs: 23 g Fat: 15.5 g WW Points: 3	<a href="#">Cottage Cheese and Egg and Sausage Frittata</a> with 1 cup mixed berries Cals: 317 Pro: 22.5 g Carbs: 23 g Fat: 15.5 g WW Points: 3	<a href="#">Cottage Cheese and Egg and Sausage Frittata</a> with 1 cup mixed berries Cals: 317 Pro: 22.5 g Carbs: 23 g Fat: 15.5 g WW Points: 3	<a href="#">Cottage Cheese and Egg and Sausage Frittata</a> with 1 cup mixed berries Cals: 317 Pro: 22.5 g Carbs: 23 g Fat: 15.5 g WW Points: 3	<a href="#">Protein PB &amp; J Smoothie Bowl</a> (recipe x 4) drizzled with 1 tablespoon melted peanut butter Cals: 364 Pro: 18 g Carbs: 34 g Fat: 19 g WW Points: 7	<a href="#">Greek Yogurt with Berries, Nuts and Honey</a> (recipe x 4) Cals: 250 Pro: 19.5 g Carbs: 35.5 g Fat: 4.5 g WW Points: 6
<b>Lunch</b>	<a href="#">Greek Tofu Bowls</a> Cals: 485 Pro: 32 g Carbs: 30 g Fat: 27 g WW Points: 8	<a href="#">Greek Tofu Bowls</a> Cals: 485 Pro: 32 g Carbs: 30 g Fat: 27 g WW Points: 8	LEFTOVER <a href="#">Ropa Vieja</a> with ½ cup LEFTOVER <a href="#">Arroz Congri</a> Cals: 422 Pro: 38 g Carbs: 25.5 g Fat: 16.5 g WW Points: 9	LEFTOVER <a href="#">Ropa Vieja</a> with ½ cup LEFTOVER <a href="#">Arroz Congri</a> Cals: 422 Pro: 38 g Carbs: 25.5 g Fat: 16.5 g WW Points: 9	LEFTOVER <a href="#">Ground Turkey with Potatoes and Spring Peas</a> with ¾ cup brown rice Cals: 395 Pro: 25 g Carbs: 56 g Fat: 8.5 g WW Points: 11	<a href="#">Air Fryer Buffalo Chicken Nuggets</a> with <a href="#">Chopped Wedge Salad</a> Cals: 312 Pro: 37 g Carbs: 15 g Fat: 11 g WW Points: 4	<a href="#">Artichoke Pie</a> with <a href="#">Sheet Pan Home Fries</a> and <a href="#">Turkey Sausage Patties from Scratch</a> Cals: 535 Pro: 30.5 g Carbs: 49 g Fat: 24 g WW Points: 14
<b>Dinner</b>	<a href="#">Lasagna Roll Ups with Cottage Cheese</a> with 2 cups baby arugula, 1 tablespoon shaved parmesan and 2 teaspoon light vinaigrette Cals: 507 Pro: 35.5 g Carbs: 54 g Fat: 20.5 g WW Points: 13	<a href="#">Ropa Vieja</a> with <a href="#">Arroz Congri</a> Cals: 493 Pro: 41.5 g Carbs: 39 g Fat: 18 g WW Points: 12	<a href="#">Sheet Pan Turkey Meatloaf and Broccoli</a> Cals: 335 Pro: 35 g Carbs: 22.5 g Fat: 13 g WW Points: 10	<a href="#">Ground Turkey with Potatoes and Spring Peas</a> with ¾ cup brown rice* Cals: 395 Pro: 25 g Carbs: 56 g Fat: 8.5 g WW Points: 11	<a href="#">Shrimp Tacos</a> with <a href="#">Corn Tomato Avocado Salad</a> Cals: 416 Pro: 22.5 g Carbs: 42.5 g Fat: 19 g WW Points: 8	<a href="#">Crock Pot Balsamic Pork Roast</a> with <a href="#">Broccoli Cheese Twice Baked Potatoes</a> Cals: 361 Pro: 29 g Carbs: 27 g Fat: 15.5 g WW Points: 9	<b>DINNER OUT!</b>
<b>Total Daily Calories</b>	<b>Calories: 1,228 WW Points: 23</b>	<b>Calories: 1,295 WW Points: 23</b>	<b>Calories: 1,074 WW Points: 22</b>	<b>Calories: 1,134 WW Points: 23</b>	<b>Calories: 1,128 WW Points: 22</b>	<b>Calories: 1,037 WW Points: 20</b>	<b>Calories: 785 WW Points: 20</b>

Notes				*Make an extra ¾ cup rice for lunch leftovers on Friday.			
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