

Skinnytaste Meal Plan (9/19/22-9/25/22)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Banana Nut Protein Oats Cals: 388 Pro: 18.5 g Carbs: 63.5 g Fat: 9 g	15-Minute Protein Chia Seed Pudding Cals: 318 Pro: 29 g Carbs: 30 g Fat: 10 g	Banana Nut Protein Oats Cals: 388 Pro: 18.5 g Carbs: 63.5 g Fat: 9 g	15-Minute Protein Chia Seed Pudding Cals: 318 Pro: 29 g Carbs: 30 g Fat: 10 g	Banana Nut Protein Oats Cals: 388 Pro: 18.5 g Carbs: 63.5 g Fat: 9 g	Spinach Ricotta Quiche Cals: 225 Pro: 12 g Carbs: 15.5 g Fat: 13 g	LEFTOVER Spinach Ricotta Quiche Cals: 225 Pro: 12 g Carbs: 15.5 g Fat: 13 g
Lunch	Classic Egg Salad on 1 slice whole grain bread and ½ cup sliced cucumbers Cals: 323 Pro: 16 g Carbs: 26 g Fat: 18.5 g	LEFTOVER Classic Egg Salad on 1 slice whole grain bread and ½ cup sliced cucumbers Cals: 323 Pro: 16 g Carbs: 26 g Fat: 18.5 g	LEFTOVER Classic Egg Salad on 1 slice whole grain bread and ½ cup sliced cucumbers Cals: 323 Pro: 16 g Carbs: 26 g Fat: 18.5 g	LEFTOVER Spaghetti and Meatball Soup with LEFTOVER Easy Garlic Knots Cals: 300 Pro: 27 g Carbs: 41.5 g Fat: 4.5 g	LEFTOVER Spaghetti and Meatball Soup with LEFTOVER Easy Garlic Knots Cals: 300 Pro: 27 g Carbs: 41.5 g Fat: 4.5 g	Open-Faced Tuna Melt Sandwich (recipe x 2) and an apple Cals: 325 Pro: 29 g Carbs: 39.5 g Fat: 7 g	Warm Salad with Artichoke Hearts, Roasted Peppers and Mozzarella (recipe x 4) Cals: 339 Pro: 14.5 g Carbs: 23 g Fat: 22 g
Dinner	Kung Pao Tofu with ¾ cup brown rice Cals: 408 Pro: 15.5 g Carbs: 55 g Fat: 13.5 g	Chicken Enchilada Stuffed Zucchini Boats with Chipotle's Cilantro Lime Rice Cals: 426 Pro: 27 g Carbs: 57.5 g Fat: 10.5 g	Spaghetti and Meatball Soup with Easy Garlic Knots * Cals: 300 Pro: 27 g Carbs: 41.5 g Fat: 4.5 g	Pizza Sausage Rolls with a green salad** Cals: 410 Pro: 26 g Carbs: 45.5 g Fat: 14.5 g	Cajun Shrimp in Foil with Air Fryer Baked Potato Cals: 467 Pro: 33 g Carbs: 57 g Fat: 12.5 g	DINNER OUT!	Air Fryer Chicken Parmesan with Broccoli and Orzo Cals: 410 Pro: 37 g Carbs: 41 g Fat: 13.5 g
Total Daily Calories	Calories: 1,119	Calories: 1,067	Calories: 1,011	Calories: 1,028	Calories: 1,155	Calories: 550	Calories: 974
Notes			*Double dough recipe for Pizza Sausage Rolls on Thursday.	**Green salad includes 6 cups mixed greens, 2 scallions, ½ cup each: tomatoes, cucumber, carrots, chickpeas and ¼ cup light vinaigrette.			

