

### Skinnytaste Meal Plan (12/2/24-12/8/24)

| Day       | Breakfast                                                                                                                                                                                   | Lunch                                                                                                                                                                                         | Dinner                                                                                                                                                                                                                          | Daily Totals                                       | Notes |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|-------|
| Monday    | <a href="#">Tropical Chia Pudding Breakfast Bowl</a><br><br><b>Cals:</b> 305 <b>Pro:</b> 18 g <b>Carbs:</b> 35 g <b>Fat:</b> 13 g<br><b>WW Points:</b> 5                                    | <a href="#">Classic Chicken Salad</a> (½ recipe) on 1 slice sourdough bread and an apple<br><br><b>Cals:</b> 294 <b>Pro:</b> 21 g <b>Carbs:</b> 40 g <b>Fat:</b> 5.5 g<br><b>WW Points:</b> 3 | <a href="#">Spaghetti with Butternut Leek Parmesan Sauce</a> with ¼ <a href="#">Vegan Caesar Salad</a><br><br><b>Cals:</b> 451 <b>Pro:</b> 17 g <b>Carbs:</b> 71 g <b>Fat:</b> 14 g<br><b>WW Points:</b> 10                     | <b>Calories:</b> 1,050<br><br><b>WW Points:</b> 18 |       |
| Tuesday   | <a href="#">Tropical Chia Pudding Breakfast Bowl</a><br><br><b>Cals:</b> 305 <b>Pro:</b> 18 g <b>Carbs:</b> 35 g <b>Fat:</b> 13 g<br><b>WW Points:</b> 5                                    | <a href="#">Classic Chicken Salad</a> on 1 slice sourdough bread and an apple<br><br><b>Cals:</b> 294 <b>Pro:</b> 21 g <b>Carbs:</b> 40 g <b>Fat:</b> 5.5 g<br><b>WW Points:</b> 3            | <a href="#">Shrimp Tacos</a> with <a href="#">Quick Mexican Brown Rice</a> and <a href="#">Best Guacamole</a> (½ recipe)<br><br><b>Cals:</b> 581 <b>Pro:</b> 26 g <b>Carbs:</b> 73.5 g <b>Fat:</b> 22 g<br><b>WW Points:</b> 15 | <b>Calories:</b> 1,180<br><br><b>WW Points:</b> 23 |       |
| Wednesday | <a href="#">Peanut Butter Breakfast Oatmeal Bowl</a><br><br><b>Cals:</b> 389 <b>Pro:</b> 11 g <b>Carbs:</b> 60 g <b>Fat:</b> 15 g<br><b>WW Points:</b> 6                                    | <a href="#">Classic Chicken Salad</a> on 1 slice sourdough bread and an apple<br><br><b>Cals:</b> 294 <b>Pro:</b> 21 g <b>Carbs:</b> 40 g <b>Fat:</b> 5.5 g<br><b>WW Points:</b> 3            | <a href="#">Slow Cooker Beef Stew</a> with 2 ounces multigrain baguette<br><br><b>Cals:</b> 486 <b>Pro:</b> 49 g <b>Carbs:</b> 48.5 g <b>Fat:</b> 10.5 g<br><b>WW Points:</b> 10                                                | <b>Calories:</b> 1,169<br><br><b>WW Points:</b> 18 |       |
| Thursday  | <a href="#">Peanut Butter Breakfast Oatmeal Bowl</a><br><br><b>Cals:</b> 389 <b>Pro:</b> 11 g <b>Carbs:</b> 60 g <b>Fat:</b> 15 g<br><b>WW Points:</b> 6                                    | Leftover <a href="#">Slow Cooker Beef Stew</a><br><br><b>Cals:</b> 356 <b>Pro:</b> 44 g <b>Carbs:</b> 22.5 g <b>Fat:</b> 10.5 g<br><b>WW Points:</b> 7                                        | <a href="#">The Best Turkey Meatloaf</a> with <a href="#">Garlic Mashed Potatoes</a> and <a href="#">Easy Broccolini</a><br><br><b>Cals:</b> 467 <b>Pro:</b> 43 g <b>Carbs:</b> 47 g <b>Fat:</b> 11 g<br><b>WW Points:</b> 8    | <b>Calories:</b> 1,212<br><br><b>WW Points:</b> 21 |       |
| Friday    | <a href="#">Huevos Pericos</a> (½ recipe) with 1 slice sourdough bread and an orange<br><br><b>Cals:</b> 245 <b>Pro:</b> 17.5 g <b>Carbs:</b> 37 g <b>Fat:</b> 8.5 g<br><b>WW Points:</b> 3 | Leftover <a href="#">Slow Cooker Beef Stew</a><br><br><b>Cals:</b> 356 <b>Pro:</b> 44 g <b>Carbs:</b> 22.5 g <b>Fat:</b> 10.5 g<br><b>WW Points:</b> 7                                        | <a href="#">Sheet Pan Teriyaki Salmon and Vegetables</a> (recipe x 2) with ¾ cup brown rice<br><br><b>Cals:</b> 490 <b>Pro:</b> 30.5 g <b>Carbs:</b> 51 g <b>Fat:</b> 18 g<br><b>WW Points:</b> 8                               | <b>Calories:</b> 1,091<br><br><b>WW Points:</b> 18 |       |
| Saturday  | <a href="#">Instant Pot Steel Cut Oats</a><br><br><b>Cals:</b> 235 <b>Pro:</b> 7 g <b>Carbs:</b> 50.5 g <b>Fat:</b> 3 g<br><b>WW Points:</b> 5                                              | <a href="#">Broccoli Cheddar Soup</a> with 2 ounces multigrain baguette<br><br><b>Cals:</b> 372 <b>Pro:</b> 17.5 g <b>Carbs:</b> 50 g <b>Fat:</b> 12.5 g<br><b>WW Points:</b> 10              | <b>DINNER OUT!</b>                                                                                                                                                                                                              | <b>Calories:</b> 607<br><br><b>WW Points:</b> 15   |       |
| Sunday    | <b>LEFTOVER</b> <a href="#">Instant Pot Steel Cut Oats</a><br><br><b>Cals:</b> 235 <b>Pro:</b> 7 g <b>Carbs:</b> 50.5 g <b>Fat:</b> 3 g<br><b>WW Points:</b> 5                              | <a href="#">Loaded Nachos with Ground Turkey, Beans and Cheese</a><br><br><b>Cals:</b> 386 <b>Pro:</b> 28 g <b>Carbs:</b> 45 g <b>Fat:</b> 17.5 g<br><b>WW Points:</b> 9                      | <a href="#">Juicy Oven Baked Chicken Breast</a> with <a href="#">Broccoli and Orzo</a><br><br><b>Cals:</b> 430 <b>Pro:</b> 45.5 g <b>Carbs:</b> 32 g <b>Fat:</b> 13 g<br><b>WW Points:</b> 8                                    | <b>Calories:</b> 1,051<br><br><b>WW Points:</b> 22 |       |

