

Skinnytaste Meal Plan (7/12/21-7/18/21)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Mixed Berry Whole Wheat Muffins * with a banana <i>Cals: 242</i> <i>Pro: 4 g</i> <i>Carbs: 53 g</i> <i>Fat: 3 g</i> WW Points: 4B 4G 4P	Mixed Berry Whole Wheat Muffins with an apple <i>Cals: 246</i> <i>Pro: 3.5 g</i> <i>Carbs: 55 g</i> <i>Fat: 3 g</i> WW Points: 4B 4G 4P	Mixed Berry Whole Wheat Muffins with a banana <i>Cals: 242</i> <i>Pro: 4 g</i> <i>Carbs: 53 g</i> <i>Fat: 3 g</i> WW Points: 4B 4G 4P	Avocado Toast with Sunny Side Egg <i>Cals: 229</i> <i>Pro: 12 g</i> <i>Carbs: 23 g</i> <i>Fat: 10 g</i> WW Points: 4B 6G 4P	Avocado Toast with Sunny Side Egg <i>Cals: 229</i> <i>Pro: 12 g</i> <i>Carbs: 23 g</i> <i>Fat: 10 g</i> WW Points: 4B 6G 4P	Lemon Blueberry Buttermilk Sheet Pan Pancakes with 1 tablespoon maple syrup <i>Cals: 266</i> <i>Pro: 7 g</i> <i>Carbs: 48.5 g</i> <i>Fat: 5 g</i> WW Points: 9B 9G 9P	LEFTOVER Lemon Blueberry Buttermilk Sheet Pan Pancakes with 1 tablespoon maple syrup <i>Cals: 266</i> <i>Pro: 7 g</i> <i>Carbs: 48.5 g</i> <i>Fat: 5 g</i> WW Points: 9B 9G 9P
Lunch	Cilantro Chicken Salad in ½ an avocado and ¼ cup raw almonds <i>Cals: 414</i> <i>Pro: 30 g</i> <i>Carbs: 13.5 g</i> <i>Fat: 28 g</i> WW Points: 9B 11G 9P	Cilantro Chicken Salad in ½ an avocado and ¼ cup raw almonds <i>Cals: 414</i> <i>Pro: 30 g</i> <i>Carbs: 13.5 g</i> <i>Fat: 28 g</i> WW Points: 9B 11G 9P	Egg Tomato and Scallion Sandwich with an apple <i>Cals: 307</i> <i>Pro: 14 g</i> <i>Carbs: 46 g</i> <i>Fat: 10 g</i> WW Points: 4B 6G 4P	Chickpea Tuna Salad over 2 cups chopped Romaine lettuce <i>Cals: 289</i> <i>Pro: 28 g</i> <i>Carbs: 39 g</i> <i>Fat: 3 g</i> WW Points: 0B 8G 0P	Chickpea Tuna Salad over 2 cups chopped Romaine lettuce <i>Cals: 289</i> <i>Pro: 28 g</i> <i>Carbs: 39 g</i> <i>Fat: 3 g</i> WW Points: 0B 8G 0P	Pizza Sausage Rolls with sliced raw bell peppers <i>Cals: 311</i> <i>Pro: 22.5 g</i> <i>Carbs: 32 g</i> <i>Fat: 10 g</i> WW Points: 8B 9G 8P	Asian Chicken Lettuce Wrap Chopped Salad <i>Cals: 332</i> <i>Pro: 24 g</i> <i>Carbs: 23 g</i> <i>Fat: 18 g</i> WW Points: 8B 8G 8P
Dinner	Lighter Eggplant Parmesan and a green salad* <i>Cals: 364</i> <i>Pro: 24.5 g</i> <i>Carbs: 39 g</i> <i>Fat: 16.5 g</i> WW Points: 6B 7G 6P	Colombian-Style Zucchini Rellenos with 1 corn on the cob <i>Cals: 312</i> <i>Pro: 21 g</i> <i>Carbs: 37 g</i> <i>Fat: 11.5 g</i> WW Points: 3B 7G 3P	Steak and Caramelized Onions with Arugula and Penne <i>Cals: 384</i> <i>Pro: 30 g</i> <i>Carbs: 29.5 g</i> <i>Fat: 15 g</i> WW Points: 9B 9G 6P	Chicken Tzatziki Bowls <i>Cals: 400</i> <i>Pro: 33.5 g</i> <i>Carbs: 30 g</i> <i>Fat: 16 g</i> WW Points: 9B 9G 6P	Drunken Shrimp with 2 ounces multigrain baguette and Caprese Salad (½ recipe) <i>Cals: 405</i> <i>Pro: 34 g</i> <i>Carbs: 30 g</i> <i>Fat: 17.5 g</i> WW Points: 8B 10G 8P	ORDER IN or DINNER OUT	Easy Inside Out Turkey Cheeseburgers with Baby Red Potato Salad <i>Cals: 416</i> <i>Pro: 35 g</i> <i>Carbs: 38 g</i> <i>Fat: 14.5 g</i> WW Points: 11B 11G 9P
Daily Totals	Calories: 1,020 WW Points: 19B 22G 19P	Calories: 972 WW Points: 16B 22G 16P	Calories: 933 WW Points: 17B 19G 14P	Calories: 918 WW Points: 13B 23G 10P	Calories: 923 WW Points: 12B 24G 12P	Calories: 577 WW Points: 17B 18G 17P	Calories: 1,014 WW Points: 28B 28G 26P

Notes	*Make muffins Sunday night, if desired. Freeze any leftover muffins and/or eggplant you/your family won't eat. Green salad includes 6 cups mixed greens, 2 scallions, ½ cup each: tomatoes, cucumber, carrots, chickpeas and ¼ cup light vinaigrette.						
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