

Skinnytaste Meal Plan (4/24/23-4/30/23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	Berry Cottage Cheese Breakfast Bowl Cals: 232 Pro: 19 g Carbs: 20.5 g Fat: 9.5 g WW Points: 4	2 scrambled eggs with 1 ounce avocado, 1 slice whole grain toast and an orange Cals: 320 Pro: 17.5 g Carbs: 31.5 g Fat: 15.5 g WW Points: 3	Berry Cottage Cheese Breakfast Bowl Cals: 232 Pro: 19 g Carbs: 20.5 g Fat: 9.5 g WW Points: 4	2 scrambled eggs with 1 ounce avocado, 1 slice whole grain toast and an orange Cals: 320 Pro: 17.5 g Carbs: 31.5 g Fat: 15.5 g WW Points: 3	Berry Cottage Cheese Breakfast Bowl Cals: 232 Pro: 19 g Carbs: 20.5 g Fat: 9.5 g WW Points: 4	Bacon Spinach Breakfast Casserole with Gruyere Cheese with ½ a grapefruit Cals: 317 Pro: 23 g Carbs: 14.5 g Fat: 19 g WW Points: 6	LEFTOVER Bacon Spinach Breakfast Casserole with Gruyere Cheese with ½ a grapefruit Cals: 317 Pro: 23 g Carbs: 14.5 g Fat: 19 g WW Points: 6	
Lunch	Food Cart-Style Chicken Salad with White Sauce with ½ a whole wheat pita Cals: 420 Pro: 40.5 g Carbs: 28 g Fat: 16.5 g WW Points: 10	Food Cart-Style Chicken Salad with White Sauce with ½ a whole wheat pita Cals: 420 Pro: 40.5 g Carbs: 28 g Fat: 16.5 g WW Points: 10	Food Cart-Style Chicken Salad with White Sauce with ½ a whole wheat pita Cals: 420 Pro: 40.5 g Carbs: 28 g Fat: 16.5 g WW Points: 10	Food Cart-Style Chicken Salad with White Sauce with ½ a whole wheat pita Cals: 420 Pro: 40.5 g Carbs: 28 g Fat: 16.5 g WW Points: 10	Turkey Club and an apple Cals: 446 Pro: 35.5 g Carbs: 53.5 g Fat: 12 g WW Points: 7	Turkey Club (recipe x 4) and an apple Cals: 446 Pro: 35.5 g Carbs: 53.5 g Fat: 12 g WW Points: 7	Warm Salad with Artichoke Hearts, Roasted Peppers, Mozzarella (recipe x 4) Cals: 339 Pro: 14.5 g Carbs: 23 g Fat: 22 g WW Points: 10	
Dinner	Margherita Pizza and Chickpea Salad with Cucumbers and Tomatoes Cals: 418 Pro: 21 g Carbs: 56 g Fat: 11.5 g WW Points: 7	One Pot Cheesy Turkey Taco Chili Mac with a green salad* Cals: 449 Pro: 28.5 g Carbs: 55.5 g Fat: 13 g WW Points: 8	LEFTOVER One Pot Cheesy Turkey Taco Chili Mac with a green salad Cals: 449 Pro: 28.5 g Carbs: 55.5 g Fat: 13 g WW Points: 8	Ground Beef and Broccoli Stir Fry with ¼ cup brown rice Cals: 491 Pro: 32.5 g Carbs: 60.5 g Fat: 12 g WW Points: 12	3 cups Mexican Shrimp Cobb Salad Cals: 401 Pro: 42 g Carbs: 36 g Fat: 13.5 g WW Points: 5	DINNER OUT!		Air Fryer Chicken Breast, Garlic Mashed Potatoes, and Roasted Mushrooms with Parmesan Cals: 493 Pro: 51 g Carbs: 38 g Fat: 16.5 g WW Points: 7
Total Daily Calories	Calories: 1,070 WW Points: 21	Calories: 1,189 WW Points: 21	Calories: 1,101 WW Points: 22	Calories: 1,231 WW Points: 25	Calories: 1,079 WW Points: 16	Calories: 763 WW Points: 13	Calories: 1,149 WW Points: 23	
Notes		*Green salad includes 12 cups mixed greens, 4 scallions, 1 cup each: tomatoes, carrots,						

		cucumbers, chickpeas and ½ cup light vinaigrette. Set aside half (with dressing on the side) for dinner Wednesday.					
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