

Skinnytaste Meal Plan (4/2-4/8)

	Monday (4/2)	Tuesday (4/3)	Wednesday (4/4)	Thursday (4/5)	Friday (4/6)	Saturday (4/7)	Sunday (4/8)
Breakfast	2 hard boiled eggs (0) and 1 cup grapes (0) <i>Calories</i> Eggs: 144 Grapes: 104 Total: 248 (0)	2 hard boiled eggs (0) and 1 cup grapes (0) <i>Calories</i> Eggs: 144 Grapes: 104 Total: 248 (0)	Skinny Overnight Oats in a Jar (5) <i>Calories</i> Total: 243 (5)	Skinny Overnight Oats in a Jar (5) <i>Calories</i> Total: 243 (5)	6 ounces nonfat plain Greek yogurt (0) topped with 1 cup sliced strawberries (0) and 1 tablespoon sliced almonds (1) <i>Calories</i> Yogurt: 99 Strawberries: 46 Almonds: 33 Total: 178 (1)	Ricotta Cheese Chocolate Chip Muffins (8) with an orange (0) <i>Calories</i> Muffin: 196 Orange: 62 Total: 258 (8)	LEFTOVER Ricotta Cheese Chocolate Chip Muffins (8) with an orange (0) <i>Calories</i> Muffin: 196 Orange: 62 Total: 258 (8)
Lunch	Tomato, Fresh Mozzarella, Roasted Pepper on Whole Wheat Bread (10) <i>Calories</i> Total: 356 (10)	LEFTOVER Crock Pot Minestrone Soup (2) with White Bean Caprese Salad (2) <i>Calories</i> Soup: 190 Salad: 142 Total: 332 (4)	LEFTOVER Crock Pot Minestrone Soup (2) with White Bean Caprese Salad (2) <i>Calories</i> Soup: 190 Salad: 142 Total: 332 (4)	Grilled Chicken Sandwich with Avocado and Tomato (4) and an apple (0) <i>Calories</i> Sandwich: 253 Apple: 94 Total: 347 (4)	LEFTOVER Crockpot Kid Friendly Chili (0) topped with 1 ounce avocado (1) and 2 tablespoons reduced fat cheddar (1) <i>Calories</i> Chili: 226 Avocado: 45 Cheddar: 45 Total: 316 (2)	Chicken and Vegetable Quiche (6) <i>Calories</i> Total: 333 (6)	Buffalo Turkey Cheeseburger with Blue Cheese and Broccoli Slaw (8) <i>Calories</i> Total: 358 (8)
Dinner	Crock Pot Minestrone Soup (2) with White Bean Caprese Salad (2) <i>Calories</i> Soup: 190 Salad: 142 Total: 332 (4)	Grilled Steak Lettuce Tacos (4) with Mexican Cauliflower Rice (1) <i>Calories</i> Tacos: 256 "Rice": 58 Total: 314 (5)	Chicken and Asparagus Lemon Stir-fry * (1) over ¾ cup brown rice (5) <i>Calories</i> Stir-fry: 268 Rice: 164 Total: 432 (6)	Crockpot Kid Friendly Chili ** (0) topped with 1 ounce avocado (1) and 2 tablespoons reduced fat cheddar (1) <i>Calories</i> Chili: 226 Avocado: 45 Cheddar: 45 Total: 316 (2)	Seattle Asian Salmon Bowl (7) <i>Calories</i> Total: 395 (7)	DINNER OUT!	Chicken Francese-Lightened Up (2) with spinach salad (1)*** <i>Calories</i> Chicken: 217 Salad: 70 Total: 287 (3)
Totals	Calories: 936 Freestyle Points: 14	Calories: 894 Freestyle Points: 9	Calories: 1,007 Freestyle Points: 15	Calories: 906 Freestyle Points: 11	Calories: 889 Freestyle Points: 10	Calories: 591 Freestyle Points: 14	Calories: 903 Freestyle Points: 19

Notes		Prep overnight oats for Wed and Thurs breakfast	*Make a little extra chicken for Thurs lunch	**Freeze any leftovers you or your family won't eat.			***Salad includes 1 ½ cups spinach, ¼ cup halved grape tomatoes, sliced red onion, and 2 tablespoons light Italian dressing
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