

Skinnytaste Meal Plan (8/12-8/18)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Petite Crustless Quiche (5)* and a peach (0) <i>Calories</i> Quiche: 217 Peach: 58 Total: 275 (5)	Petite Crustless Quiche (5) and 2 apricots (0) <i>Calories</i> Quiche: 217 Apricots: 33 Total: 250 (5)	Petite Crustless Quiche (5) and a peach (0) <i>Calories</i> Quiche: 217 Peach: 58 Total: 275 (5)	Petite Crustless Quiche (5) and 2 apricots (0) <i>Calories</i> Quiche: 217 Apricots: 33 Total: 250 (5)	Greek Yogurt with Berries, Nuts and Honey (5) <i>Calories</i> Total: 250 (5)	4-Ingredient Flourless Banana Pancakes (4) (recipe x 4) with 1 tablespoon maple syrup (3) <i>Calories</i> Pancakes: 318 Syrup: 52 Total: 370 (7)	Tomato and Zucchini Frittata (2) with 1 cup watermelon (0) <i>Calories</i> Frittata: 172 Watermelon: 46 Total: 218 (2)
Lunch	Spiralized Greek Cucumber Salad with Lemon and Feta (7) <i>Calories</i> Total: 225 (7)	LEFTOVER Late Summer Vegetable Enchilada Pie (6) <i>Calories</i> Total: 237 (6)	Chicken Waldorf Salad (3) <i>Calories</i> Total: 236 (3)	Chicken Waldorf Salad (3) <i>Calories</i> Total: 236 (3)	Chicken Waldorf Salad (3) <i>Calories</i> Total: 236 (3)	Lobster Rolls ** (5) <i>Calories</i> Total: 223 (5)	French Bread Caprese (7) with Zucchini Carpaccio (2) <i>Calories</i> Pizza: 253 Zucchini: 81 Total: 334 (9)
Dinner	Late Summer Vegetable Enchilada Pie * (6) with 1 ounce avocado (1) and 1 tablespoon sour cream (1) <i>Calories</i> Pie: 237 Avocado: 45 Sour Cream: 28 Total: 310 (8)	Turkey Santa Fe Zucchini Boats (4) with Quick Mexican Brown Rice (5) <i>Calories</i> Boats: 273 Rice: 200 Total: 473 (9)	General Tso's Chicken (5) with ¼ cup brown rice (5) and Sesame Orange Broccoli (1) <i>Calories</i> Chicken: 252 Rice: 164 Broccoli: 52 Total: 468 (11)	Grilled Cumin Spiced Pork Tenderloin (3) with Warm Mexican Corn Salad (4) <i>Calories</i> Pork: 162 Salad: 153 Total: 315 (7)	Spicy California Shrimp Stack (5) with 1 cup steamed edamame (0) <i>Calories</i> Stack: 225 Edamame: 130 Total: 355 (5)	DINNER OUT!	Buttermilk Marinated Air Fryer Whole Roasted Chicken (***) with Chilled Watermelon Cucumber Feta Salad (4) <i>Calories</i> Chicken: 329 Salad: 112 Total: 441 (***)
Totals	Calories: 810 Freestyle™ SP: 20	Calories: 960 Freestyle™ SP: 20	Calories: 979 Freestyle™ SP: 19	Calories: 801 Freestyle™ SP: 15	Calories: 841 Freestyle™ SP: 13	Calories: 593 Freestyle™ SP: 12	Calories: 993 Freestyle™ SP: variable
Notes	*Make Quiche Sunday night, if desired. Freeze any leftover you/your family won't eat.					**Adjust recipe as necessary if you are serving more than 3.	***Points will vary depending on whether you eat the skin and which part of the chicken you eat.

