

Skinnytaste Meal Plan (10/2/23-10/8/23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pumpkin Overnight Oats Cals: 269 Pro: 10 g Carbs: 40.5 g Fat: 12 g WW Points: 5	Pumpkin Overnight Oats Cals: 269 Pro: 10 g Carbs: 40.5 g Fat: 12 g WW Points: 5	Huevos Pericos (½ recipe) Cals: 272 Pro: 19.5 g Carbs: 5 g Fat: 19 g WW Points: 2	Huevos Pericos (½ recipe) Cals: 272 Pro: 19.5 g Carbs: 5 g Fat: 19 g WW Points: 2	Greek Yogurt with Berries, Nuts and Honey Cals: 250 Pro: 19.5 g Carbs: 35.5 g Fat: 4.5 g WW Points: 6	Yogurt Sheet Pan Pancakes with Mixed Berries with 1 tablespoon maple syrup Cals: 264 Pro: 8 g Carbs: 45.5 g Fat: 4.5 g WW Points: 10	LEFTOVER Yogurt Sheet Pan Pancakes with Mixed Berries with 1 tablespoon maple syrup Cals: 264 Pro: 8 g Carbs: 45.5 g Fat: 4.5 g WW Points: 10
Lunch	Chicken Salad with Lemon and Dill on 1 slice sourdough with an apple Cals: 397 Pro: 35.5 g Carbs: 44.5 g Fat: 9.5 g WW Points: 4	Chicken Salad with Lemon and Dill on 1 slice sourdough with an apple Cals: 397 Pro: 35.5 g Carbs: 44.5 g Fat: 9.5 g WW Points: 4	Chicken Salad with Lemon and Dill on 1 slice sourdough with an apple Cals: 397 Pro: 35.5 g Carbs: 44.5 g Fat: 9.5 g WW Points: 4	Chickpea Tuna Salad over 2 cups mixed greens Cals: 298 Pro: 29.5 g Carbs: 40.5 g Fat: 2.5 g WW Points: 0	Chickpea Tuna Salad over 2 cups mixed greens Cals: 298 Pro: 29.5 g Carbs: 40.5 g Fat: 2.5 g WW Points: 0	Classic Egg Salad on 1 slice of sourdough bread and an orange Cals: 342 Pro: 14.5 g Carbs: 34.5 g Fat: 16.5 g WW Points: 6	Tuna Poke Salad (recipe x 2) Cals: 404 Pro: 36 g Carbs: 16 g Fat: 23 g WW Points: 5
Dinner	Spicy Gochujang Tofu Bowl (recipe x 2) Cals: 473 Pro: 26 g Carbs: 50 g Fat: 19 g WW Points: 9	Turkey Chili Taco Soup with 1 ounce avocado and 2 tablespoons shredded cheddar with 12 tortilla chips Cals: 431 Pro: 29 g Carbs: 52.5 g Fat: 17.5 g WW Points: 9	LEFTOVER Turkey Chili Taco Soup with 1 ounce avocado and 2 tablespoons shredded cheddar with 12 tortilla chips Cals: 431 Pro: 29 g Carbs: 52.5 g Fat: 17.5 g WW Points: 9	Baked Chicken Thighs with Brussels and Sweet Potato Cals: 587 Pro: 38.5 g Carbs: 33.5 g Fat: 34 g WW Points: 11	Salmon Coconut Curry with Spinach and Chickpeas with ½ piece of whole wheat naan Cals: 578 Pro: 45.5 g Carbs: 45 g Fat: 22.5 g WW Points: 7	DINNER OUT!	Ropa Vieja with ¾ cup brown rice and 1 ounce avocado Cals: 559 Pro: 39 g Carbs: 48 g Fat: 21 g WW Points: 12
Total Daily Calories	Calories: 1,139 WW Points: 18	Calories: 1,097 WW Points: 17	Calories: 1,100 WW Points: 17	Calories: 1,157 WW Points: 13	Calories: 1,126 WW Points: 13	Calories: 606 WW Points: 16	Calories: 1,227 WW Points: 27
Notes							

