

Skinnytaste Meal Plan (9/4/23-9/10/23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Mini Quiche with 1 cup strawberries Cals: 314 Pro: 19 g Carbs: 27 g Fat: 14.5 g WW Points: 6	Mini Quiche with 1 cup strawberries Cals: 314 Pro: 19 g Carbs: 27 g Fat: 14.5 g WW Points: 6	Mini Quiche with a peach Cals: 327 Pro: 19.5 g Carbs: 30.5 g Fat: 14.5 g WW Points: 6	Mini Quiche with 1 cup strawberries Cals: 327 Pro: 19.5 g Carbs: 30.5 g Fat: 14.5 g WW Points: 6	Tropical Chia Pudding Breakfast Bowl (½ recipe) Cals: 305 Pro: 18 g Carbs: 35 g Fat: 13 g WW Points: 5	Spinach Ricotta Quiche with 2 cups baby arugula, 1 teaspoon olive oil, a squeeze of lemon and pinch of salt Cals: 285 Pro: 14 g Carbs: 18.5 g Fat: 18 g WW Points: 7	LEFTOVER Spinach Ricotta Quiche with 1 cup grapes Cals: 329 Pro: 13 g Carbs: 43 g Fat: 13 g WW Points: 6
Lunch	Italian Pasta Salad Cals: 237 Pro: 9 g Carbs: 28 g Fat: 9.5 g WW Points: 7	Cobb Salad in a Jar with Buttermilk Ranch Cals: 368 Pro: 32 g Carbs: 14 g Fat: 21 g WW Points: 5	Cobb Salad in a Jar with Buttermilk Ranch Cals: 368 Pro: 32 g Carbs: 14 g Fat: 21 g WW Points: 5	LEFTOVER Slow Cooker Beef Ragù with 1 cup whole wheat spaghetti and 8 baby carrots Cals: 378 Pro: 23.5 g Carbs: 57 g Fat: 9 g WW Points: 8	LEFTOVER Slow Cooker Beef Ragù with 1 cup whole wheat spaghetti and 8 baby carrots Cals: 378 Pro: 23.5 g Carbs: 57 g Fat: 9 g WW Points: 8	Open-Faced Tuna Melt Sandwich (recipe x 2) and an apple Cals: 326 Pro: 29 g Carbs: 39.5 g Fat: 7 g WW Points: 5	Italian Sub Broccoli Salad Cals: 373 Pro: 21 g Carbs: 20 g Fat: 23.5 g WW Points: 9
Dinner	Turkey Burger, Veggie Kabobs and Coleslaw Cals: 529 Pro: 33.5 g Carbs: 64.5 g Fat: 18.5 g WW Points: 11	Tofu Tacos with Potatoes and Jalapenos Cals: 444 Pro: 16 g Carbs: 44 g Fat: 24 g WW Points: 7	Slow Cooker Beef Ragù with 1 cup whole wheat spaghetti* and Roasted Parmesan Green Beans Cals: 405 Pro: 25.5 g Carbs: 56.5 g Fat: 12 g WW Points: 9	Air Fryer Chicken Cutlets with Lemony Hearts of Palm Salad with Avocado Cals: 413 Pro: 33 g Carbs: 22 g Fat: 22 g 9 WW Points: 8	Weeknight Seafood Paella with Wilted Baby Spinach with Garlic and Oil Cals: 333 Pro: 27.5 g Carbs: 31 g Fat: 11.5 g WW Points: 12	DINNER OUT!	Chicken Tzatziki Bowls Cals: 400 Pro: 33.5 g Carbs: 30 g Fat: 16 g WW Points: 9
Total Daily Calories	Calories: 1,080 WW Points: 24	Calories: 1,126 WW Points: 18	Calories: 1,100 WW Points: 20	Calories: 1,105 WW Points: 22	Calories: 1,118 WW Points: 25	Calories: 611 WW Points: 12	Calories: 1,102 WW Points: 24

Notes			*Make an extra 2 cups pasta for lunch leftovers on Thurs/Fri				
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