

Skinnytaste Meal Plan (11/9-11/15)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pumpkin Cream Cheese Muffins * with an apple <i>Calories</i> Muffin: 170 Apple: 94 Total: 264 (7B 7G 7P)	Pumpkin Cream Cheese Muffins with an apple <i>Calories</i> Muffin: 170 Apple: 94 Total: 264 (7B 7G 7P)	Pumpkin Cream Cheese Muffins with an apple <i>Calories</i> Muffin: 170 Apple: 94 Total: 264 (7B 7G 7P)	Overnight Oats in a Jar <i>Calories</i> Total: 236 (5B 5G 3P)	Overnight Oats in a Jar <i>Calories</i> Total: 236 (5B 5G 3P)	Lemon Blueberry Sheet Pan Pancakes with 1 tablespoon maple syrup and a clementine <i>Calories</i> Pancakes: 214 Syrup: 52 Clementine: 80 Total: 346 (9B 9G 9P)	LEFTOVER Lemon Blueberry Sheet Pan Pancakes with 1 tablespoon maple syrup and a clementine <i>Calories</i> Pancakes: 214 Syrup: 52 Clementine: 80 Total: 346 (9B 9G 9P)
Lunch	Greek Chickpea Salad (½ recipe) <i>Calories</i> Total: 292 (6B 6G 6P)	Greek Chickpea Salad <i>Calories</i> Total: 292 (6B 6G 6P)	LEFTOVER Spiralized Mexican Sweet Potato and Chicken Casserole <i>Calories</i> Total: 335 (5B 9G 4P)	2 slices thin whole grain bread, 2 ounces deli turkey, 1 tablespoon light mayonnaise, handful mixed greens <i>Calories</i> Bread: 140 Turkey: 60 Mayo: 36 Greens: 5 Total: 241 (5B 6G 5P)	LEFTOVER Carne Guisada with ½ cup brown rice and 1 tablespoon Aji Verde <i>Calories</i> Guisada: 234 Rice: 109 Aji: 3 Total: 346 (10B 10G 6P)	Turkey Meatball Spinach Tortellini Soup * <i>Calories</i> Total: 271 (6B 6G 6P)	Creamy Shrimp and Celery Salad <i>Calories</i> Total: 160 (2B 3G 2P)
Dinner	Spaghetti with Butternut Leek Parmesan Sauce and a green salad** <i>Calories</i> Spaghetti: 266 Salad: 94 Total: 360 (11B 11G 9P)	Spiralized Mexican Sweet Potato and Chicken Casserole <i>Calories</i> Total: 335 (5B 9G 4P)	Air Fryer Chicken Tenders with Broccoli and Orzo <i>Calories</i> Chicken: 291 Orzo: 159 Total: 450 (7B 11G 7P)	Carne Guisada with ½ cup brown rice and 1 tablespoon Aji Colombian Picante <i>Calories</i> Guisada: 234 Rice: 109 Aji: 3 Total: 346 (10B 10G 6P)	Tuscan White Beans with Spinach, Shrimp and Feta and ¾ cup whole wheat orzo <i>Calories</i> Shrimp, etc: 282 Orzo: 131 Total: 413 (6B 11G 2P)	ORDER IN!	Turkey Meatloaf with Baked Cauliflower "Mac" and Cheese <i>Calories</i> Meatloaf: 259 "Mac": 233 Total: 492 (11B 13G 11P)
Totals	Calories: 916 WW Points: 24B 24G 22P	Calories: 891 WW Points: 18B 22G 17P	Calories: 1,049 WW Points: 19B 27G 18P	Calories: 823 WW Points: 20B 21G 14P	Calories: 995 WW Points: 21B 26G 11P	Calories: 617 WW Points: 15B 15G 15P	Calories: 998 WW Points: 22B 25G 22P

Notes	*Freeze any leftovers you/your family won't eat. Make Sunday night, if desired. **Green salad includes 6 cups mixed greens, 2					*Freeze any leftovers you/your family won't eat.	
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	scallions, ½ cup each: tomatoes, cucumber, carrots, chickpeas and ¼ cup light vinaigrette.						
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