

**Skinnytaste Meal Plan (4/18/22-4/24/22)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<a href="#">Loaded Baked Omelet Muffins</a> * with 1 cup diced pineapple Cals: 247 Pro: 15 g Carbs: 24 g Fat: 11 g	LEFTOVER <a href="#">Loaded Baked Omelet Muffins</a> with 1 cup diced pineapple Cals: 247 Pro: 15 g Carbs: 24 g Fat: 11 g	LEFTOVER <a href="#">Loaded Baked Omelet Muffins</a> with 1 cup strawberries Cals: 211 Pro: 15 g Carbs: 13.5 g Fat: 11 g	<a href="#">Strawberry Peanut Butter Swirl Smoothie Bowls</a> (½ recipe) Cals: 260 Pro: 7.5 g Carbs: 31.5 g Fat: 13.5 g	<a href="#">Strawberry Peanut Butter Swirl Smoothie Bowls</a> (½ recipe) Cals: 260 Pro: 7.5 g Carbs: 31.5 g Fat: 13.5 g	<a href="#">Instant Pot Steel Cut Oats</a> Cals: 235 Pro: 7 g Carbs: 50.5 g Fat: 3 g	LEFTOVER <a href="#">Instant Pot Steel Cut Oats</a> Cals: 235 Pro: 7 g Carbs: 50.5 g Fat: 3 g
<b>Lunch</b>	<a href="#">BLT with Avocado</a> Cals: 292 Pro: 14 g Carbs: 34 g Fat: 13 g	LEFTOVER <a href="#">Quinoa Fiesta Enchilada Bake</a> Cals: 331 Pro: 17.5 g Carbs: 44 g Fat: 12 g	LEFTOVER <a href="#">Quinoa Fiesta Enchilada Bake</a> Cals: 331 Pro: 17.5 g Carbs: 44 g Fat: 12 g	LEFTOVER <a href="#">Instant Pot Turkey Meatball and Ditalini Soup</a> Cals: 318 Pro: 22 g Carbs: 36.5 g Fat: 8.5 g	LEFTOVER <a href="#">Instant Pot Turkey Meatball and Ditalini Soup</a> Cals: 318 Pro: 22 g Carbs: 36.5 g Fat: 8.5 g	<a href="#">Warm Salad with Artichoke Hearts, Roasted Peppers, Mozzarella</a> (recipe x 4) Cals: 339 Pro: 14.5 g Carbs: 23 g Fat: 22 g	<a href="#">Turkey Club</a> (recipe x 4) Cals: 351 Pro: 35 g Carbs: 28.5 g Fat: 11.5 g
<b>Dinner</b>	<a href="#">Quinoa Fiesta Enchilada Bake</a> Cals: 331 Pro: 17.5 g Carbs: 44 g Fat: 12 g	<a href="#">Loaded Nachos with Ground Turkey, Beans and Cheese</a> Cals: 386 Pro: 28 g Carbs: 45 g Fat: 17.5 g	<a href="#">Instant Pot Turkey Meatball and Ditalini Soup</a> Cals: 318 Pro: 22 g Carbs: 36.5 g Fat: 8.5 g	<a href="#">Crispy Breaded Air Fryer Pork Chops with Raw Shredded Brussels Sprouts with Lemon and Oil</a> Cals: 458 Pro: 34.5 g Carbs: 12.5 g Fat: 20 g	<a href="#">Salmon Tikka Masala</a> over ¾ cup brown rice and <a href="#">Roasted Rainbow Carrots with Ginger</a> Cals: 529 Pro: 34.5 g Carbs: 49 g Fat: 15.5 g	<b>DINNER OUT!</b>	<a href="#">Chicken Cutlet Caprese Salad</a> Cals: 462 Pro: 45.5 g Carbs: 14.5 g Fat: 24 g
<b>Total Daily Calories</b>	<b>Calories: 870</b>	<b>Calories: 964</b>	<b>Calories: 860</b>	<b>Calories: 1,036</b>	<b>Calories: 1,107</b>	<b>Calories: 574</b>	<b>Calories: 1,048</b>
<b>Notes</b>	*Make muffins Sunday night, if desired and freeze any you/your family won't eat.						