

Skinnytaste Meal Plan (4/6-4/12)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Banana Bread Muffin in a Mug (recipe x 4) and ½ cup blueberries <i>Calories</i> Muffin: 108 Blueberries: 42 Total: 150 (2B 2G 2P)	Strawberry Peanut Butter Swirl Smoothie Bowls (recipe x 2) <i>Calories</i> Total: 260 (7B 7G 7P)	Banana Bread Muffin in a Mug (recipe x 4) and a pear <i>Calories</i> Muffin: 108 Pear: 96 Total: 204 (2B 2G 2P)	2 scrambled eggs, 1 slice whole grain toast and 1 cup whole strawberries <i>Calories</i> Eggs: 144 Toast: 110 Strawberries: 52 Total: 306 (3B 7G 3P)	2 scrambled eggs, 1 slice whole grain toast and 1 cup whole strawberries <i>Calories</i> Eggs: 144 Toast: 110 Strawberries: 52 Total: 306 (3B 7G 3P)	Maple-Cinnamon Banana-Pear Baked Oatmeal with Walnuts <i>Calories</i> Total: 225 (6B 6G 4P)	Hot Cross Buns with an orange <i>Calories</i> Buns: 230 Orange: 64 Total: 294 (7B 8G 7P)
Lunch	Chickpea Egg Salad <i>Calories</i> Total: 375 (2B 13G 2P)	LEFTOVER Lighter Baked Macaroni and Cheese with 10 baby carrots <i>Calories</i> Mac & Cheese: 297 Carrots: 25 Total: 322 (10B 10G 6P)	Mayo-less Tuna Macaroni Salad (recipe x 2) and an orange <i>Calories</i> Salad: 272 Orange: 64 Total: 336 (6B 6G 6P)	Air Fryer Chicken Nuggets with 2 tablespoons ketchup and an apple <i>Calories</i> Nuggets: 188 Ketchup: 34 Apple: 94 Total: 316 (5B 7G 5P)	Quickest Cast-Iron Thin Crust Pizza (recipe x 2) with 10 baby carrots <i>Calories</i> Pizza: 118 Carrots: 25 Total: 143 (4B 4G 4P)	Loaded Baked Potato Soup <i>Calories</i> Total: 200 (5B 6G 4P)	Crustless Ham and Cheese Quiche with 1 ½ cups mixed greens and 1 tablespoon light vinaigrette <i>Calories</i> Quiche: 215 Greens: 19 Vinaigrette: 23 Total: 257 (6B 7G 6P)
Dinner	Lighter Baked Macaroni and Cheese with a green salad* <i>Calories</i> Mac & Cheese: 297 Salad: 53 Total: 350 (11B 11G 7P)	Crock Pot Chicken Taco Chili Recipe with 2 tablespoons cheddar cheese and 1 ounce avocado <i>Calories</i> Chili: 220 Cheese: 57 Avocado: 45 Total: 302 (3B 8G 3P)	LEFTOVER Crock Pot Chicken Taco Chili Recipe with 2 tablespoons cheddar cheese and 1 ounce avocado <i>Calories</i> Chili: 220 Cheese: 57 Avocado: 45 Total: 302 (3B 8G 3P)	Pasta Fagioli Soup <i>Calories</i> Total: 263 (5B 7G 5P)	Tuscan White Beans with Spinach, Shrimp and Feta with ½ cup brown rice <i>Calories</i> Shrimp, etc.: 282 Rice: 109 Total: 391 (5B 10G 2P)	ORDER IN!	
Totals	Calories: 875 Freestyle™ SP: 15B 26G 11P	Calories: 884 Freestyle™ SP: 20B 25G 16P	Calories: 862 Freestyle™ SP: 11B 16G 11P	Calories: 885 Freestyle™ SP: 13B 21G 13P	Calories: 840 Freestyle™ SP: 12B 21G 9P	Calories: 425 Freestyle™ SP: 11B 12G 8P	Calories: 943 Freestyle™ SP: 24B 27G 21P
Notes	*Green salad includes 5 cups mixed greens, ½ cup each: diced tomato, carrots, cucumber, and 2						

	scallions with ¼ cup light vinaigrette						
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Skinnytaste Meal Plan (4/13-4/19)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	4-Ingredient Flourless Banana Nut Pancakes (recipe x 4) <i>Calories</i> Total: 318 (4B 6G 3P)	¾ cup plain nonfat plain Greek yogurt, 1 teaspoon honey, ½ apple (chopped), pinch cinnamon <i>Calories</i> Yogurt: 90 Honey: 21 Apple: 47 OB OG OP Total: 158 (1B 3G 1P)	PB & J Smoothie (recipe x 4) <i>Calories</i> Total: 222 (9B 9G 9P)	¾ cup plain nonfat greek yogurt, 1 teaspoon honey, ½ apple (chopped), pinch cinnamon <i>Calories</i> Yogurt: 90 Honey: 21 Apple: 47 Total: 158 (1B 3G 1P)	PB & J Smoothie (recipe x 4) <i>Calories</i> Total: 222 (9B 9G 9P)	Easy Bagel Recipe (recipe x 2) with 2 tablespoons light cream cheese and an orange <i>Calories</i> Bagel: 152 Cream cheese: 70 Orange: 64 Total: 286 (6B 7G 6P)	LEFTOVER Easy Bagel Recipe with 2 tablespoons light cream cheese and an orange <i>Calories</i> Bagel: 152 Cream cheese: 70 Orange: 64 Total: 286 (6B 7G 6P)
Lunch	BBQ Chicken Quesadilla (recipe x 4) with 10 baby carrots <i>Calories</i> Quesadilla: 325 Carrots: 25 Total: 350 (5B 7G 6P)	6 Triscuits, 6 slices salami, 1 ounce sliced pepper jack cheese and a pear <i>Calories</i> Triscuits: 120 Salami: 143 Cheese: 90 Pear: 96 Total: 449 (10B 10G 10P)	LEFTOVER Embarrassingly Easy Crock Pot Salsa Chicken Thighs over 2 cups chopped romaine, ¼ cup corn, 2 tablespoons shredded cheese, and ¼ cup salsa <i>Calories</i> Chicken: 187 Romaine: 16 Corn: 39 Cheese: 57 Salsa: 19 Total: 318 (4B 4G 4P)	6 Triscuit, 6 slices salami, 1 ounce sliced pepper jack cheese and a pear <i>Calories</i> Triscuits: 120 Salami: 143 Cheese: 90 Pear: 96 Total: 449 (10B 10G 10P)	Chickpea Tuna Salad (recipe x 2) <i>Calories</i> Total: 273 (0B 8G 0P)	Chicken and Lentil Soup <i>Calories</i> Total: 263 (1B 5G 1P)	LEFTOVER Chicken and Lentil Soup <i>Calories</i> Total: 263 (1B 5G 1P)
Dinner	Easiest Pasta and Broccoli Recipe <i>Calories</i> Total: 289 (8B 8G 8P)	Embarrassingly Easy Crock Pot Salsa Chicken Thighs (recipe x 2) with 2 corn tortillas, 2 tablespoons shredded cheese, ¼ cup chopped lettuce with Cilantro Lime Cauliflower "Rice" <i>Calories</i> Chicken: 187 Tortillas: 116 Cheese: 57 Lettuce: 2	One Pot Spaghetti and Meat Sauce with a green salad** <i>Calories</i> Spaghetti: 377 Salad: 53 Total: 430 (9B 9G 5P)	Inside Out Turkey Cheeseburgers with Skinny Garlic Parmesan Fries (recipe x 4) <i>Calories</i> Burgers: 309 Fries: 192 Total: 501 (14B 9G 10P)	Air-Fryer Salmon with Maple Soy Glaze , ¾ cup brown rice and Sautéed Brussels Sprouts <i>Calories</i> Salmon: 292 Rice: 164 Sprouts: 82 Total: 538 (8B 13G 3P)	ORDER IN!	2 Vegetarian Butternut Squash and Black Bean Enchiladas with ½ cup corn <i>Calories</i> Enchiladas: 370 Corn: 78 Total: 448 (6B 6G 6P)

		"Rice": 61 Total: 423 (8B 8G 8P)					
Totals	Calories: 957 Freestyle™ SP: 17B 21G 17P	Calories: 1,030 Freestyle™ SP: 19B 21G 19P	Calories: 970 Freestyle™ SP: 22B 22G 18P	Calories: 1,108 Freestyle™ SP: 25B 22G 21P	Calories: 1,033 Freestyle™ SP: 17B 30G 12P	Calories: 549 Freestyle™ SP: 7B 12G 7P	Calories: 997 Freestyle™ SP: 13B 18G 13P
Notes	.		**Green salad 5 cups romaine, ½ cup each: diced tomato, carrots, cucumber, and 2 scallions with ¼ cup light vinaigrette.				