

Skinnytaste Meal Plan (7/22/24-7/28/24)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	English Muffin Breakfast Sandwich (recipe x 2) and a plum Cals: 272 Pro: 19 g Carbs: 37 g Fat: 9.5 g WW Points: 5	English Muffin Breakfast Sandwich and a plum Cals: 272 Pro: 19 g Carbs: 37 g Fat: 9.5 g WW Points: 5	English Muffin Breakfast Sandwich and a plum Cals: 272 Pro: 19 g Carbs: 37 g Fat: 9.5 g WW Points: 5	English Muffin Breakfast Sandwich and a plum Cals: 272 Pro: 19 g Carbs: 37 g Fat: 9.5 g WW Points: 5	Greek Yogurt with Berries, Nuts and Honey Cals: 250 Pro: 19.5 g Carbs: 35.5 g Fat: 4.5 g WW Points: 6	Blueberry Zucchini Bread and ¾ cup low fat cottage cheese with ½ a sliced peach Cals: 261 Pro: 24 g Carbs: 32.5 g Fat: 6 g WW Points: 8	LEFTOVER Blueberry Zucchini Bread and ¾ cup nonfat plain Greek yogurt with ½ cup mixed berries Cals: 230 Pro: 21 g Carbs: 33 g Fat: 2.5 g WW Points: 4
Lunch	Tuna Poke Salad Cals: 404 Pro: 36 g Carbs: 16 g Fat: 23 g WW Points: 5	Tuna Poke Salad Cals: 404 Pro: 36 g Carbs: 16 g Fat: 23 g WW Points: 5	BBQ Chicken Salad and ¼ cup raw almonds Cals: 401 Pro: 36 g Carbs: 28 g Fat: 19 g WW Points: 6	BBQ Chicken Salad and ¼ cup raw almonds Cals: 401 Pro: 36 g Carbs: 28 g Fat: 19 g WW Points: 6	LEFTOVER Grilled Balsamic Steak with Tomatoes and Arugula and Grilled Vegetable Orzo Pasta Salad Cals: 482 Pro: 30.5 g Carbs: 42.5 g Fat: 21 g WW Points: 12	Spicy California Shrimp Stack with 1 cup steamed (in pod) edamame Cals: 345 Pro: 22.5 g Carbs: 31 g Fat: 16 g WW Points: 5	Grilled Peach and Watermelon Burrata Salad Cals: 408 Pro: 23 g Carbs: 31 g Fat: 25 g WW Points: 16
Dinner	Lasagna Roll Ups with Cottage Cheese and Arugula Salad Cals: 558 Pro: 36 g Carbs: 54 g Fat: 23.5 g WW Points: 14	Slow Cooker Pulled Pork in 2 corn tortillas with Quick Cabbage Slaw (recipe x 2) and 1 cup Black Bean, Avocado, Cucumber and Tomato Salad Cals: 594 Pro: 41.5 g Carbs: 68.5 g Fat: 19 g WW Points: 14	LEFTOVER Slow Cooker Pulled Pork on a whole wheat bun with Quick Cabbage Slaw and Lemony Hearts of Palm Salad with Avocado Cals: 566 Pro: 40 g Carbs: 51.5 g Fat: 24.5 g WW Points: 16	Grilled Balsamic Steak with Tomatoes and Arugula and Grilled Vegetable Orzo Pasta Salad Cals: 482 Pro: 30.5 g Carbs: 42.5 g Fat: 21 g WW Points: 12	Grilled Mediterranean Cedar Plank Salmon with Grilled Eggplant with Feta and Homemade Rice Pilaf Cals: 444 Pro: 36.5 g Carbs: 30.5 g Fat: 20 g WW Points: 11	DINNER OUT!	Korean Chicken with Instant Pot Rice and Asian Slaw with Mango Cals: 422 Pro: 29.5 g Carbs: 56 g Fat: 8.5 g WW Points: 9
Total Daily Calories	Calories: 1,234 WW Points: 24	Calories: 1,270 WW Points: 24	Calories: 1,239 WW Points: 27	Calories: 1,155 WW Points: 23	Calories: 1,176 WW Points: 29		Calories: 606 WW Points: 13

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