

Skinnytaste Meal Plan (3/13/23-3/19/23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Tropical Chia Pudding Breakfast Bowl Cals: 305 Pro: 18 g Carbs: 35 g Fat: 13 g WW Points: 5	Tropical Chia Pudding Breakfast Bowl Cals: 305 Pro: 18 g Carbs: 35 g Fat: 13 g WW Points: 5	Air Fryer Breakfast Banana Split Cals: 286 Pro: 15 g Carbs: 41 g Fat: 9 g WW Points: 5	Egg Tomato and Scallion Sandwich and an orange Cals: 275 Pro: 14.5 g Carbs: 36.5 g Fat: 9.5 g WW Points: 4	2 servings Bell Pepper and Potato Frittata Cals: 288 Pro: 22 g Carbs: 24 g Fat: 12 g WW Points: 2	Easy Bagel Recipe * with 2 tablespoons whipped cream cheese, 3 ounces lox and 1 slice red onion Cals: 326 Pro: 27 g Carbs: 29 g Fat: 11 g WW Points: 7	Instant Pot Baked Oatmeal Bars Cals: 266 Pro: 9 g Carbs: 45 g Fat: 6.5 g WW Points: 5
Lunch	Asparagus Salad with Egg, Bacon and Dijon Vinaigrette (recipe x 2) with a whole grain roll Cals: 309 Pro: 20 g Carbs: 28 g Fat: 14 g WW Points: 5	Asparagus Salad with Egg, Bacon and Dijon Vinaigrette with a whole grain roll Cals: 309 Pro: 20 g Carbs: 28 g Fat: 14 g WW Points: 5	Spicy Canned Salmon Rice Bowl Cals: 389 Pro: 25 g Carbs: 39 g Fat: 14 g WW Points: 6	LEFTOVER Tuna Noodle Casserole with 1 cup sliced cucumbers Cals: 334 Pro: 28 g Carbs: 38 g Fat: 7 g WW Points: 8	LEFTOVER Tuna Noodle Casserole with 1 cup sliced cucumbers Cals: 334 Pro: 28 g Carbs: 38 g Fat: 7 g WW Points: 8	Warm Salad with Artichoke Hearts, Roasted Peppers and Mozzarella (recipe x 4) Cals: 339 Pro: 14.5 g Carbs: 23 g Fat: 22 g WW Points: 10	Chicken Parmesan Rolls with 8 carrot sticks Cals: 280 Pro: 28 g Carbs: 33 g Fat: 4.5 g WW Points: 6
Dinner	Tofu Tacos with Potatoes and Jalapenos with Best Guacamole Recipe Cals: 537 Pro: 17 g Carbs: 50 g Fat: 32 g WW Points: 9	Skillet Chicken in Tomato-Chipotle with Instant Pot Cilantro Lime Rice and Quick Black Beans Cals: 528 Pro: 35 g Carbs: 62.5 g Fat: 14.5 g WW Points: 10	Tuna Noodle Casserole with 1 cup sliced cucumbers Cals: 334 Pro: 28 g Carbs: 38 g Fat: 7 g WW Points: 8	Salmon Fried Rice (recipe x 4) with Shrimp Egg Rolls Cals: 545 Pro: 45 g Carbs: 44 g Fat: 21 g WW Points: 6	Crock Pot Corned Beef and Cabbage with Whole Wheat Irish Soda Bread Muffins Cals: 442 Pro: 22 g Carbs: 43.5 g Fat: 20 g WW Points: 14	DINNER OUT!	Honey-Mustard Air Fryer Pork Chops with Lemon-Parsley Potato Foil Packets and Sauteed Collard Greens with Bacon Cals: 427 Pro: 41 g Carbs: 38 g Fat: 12.5 g WW Points: 13
Total Daily Calories	Calories: 1,151 WW Points: 19	Calories: 1,142 WW Points: 20	Calories: 1,009 WW Points: 19	Calories: 1,154 WW Points: 18	Calories: 1,064 WW Points: 24	Calories: 665 WW Points: 17	Calories: 973 WW Points: 24
Notes						*Double dough recipe for Chicken Parmesan Rolls Sunday	

