

Skinnytaste Meal Plan (11/2-11/8)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cinnamon Apple Spiced Oatmeal <i>Calories</i> Total: 229 (7B 7G 4P)	2 hard-boiled eggs and a pear <i>Calories</i> Eggs: 144 Pear: 96 Total: 240 (0B 4G 0P)	Cinnamon Apple Spiced Oatmeal <i>Calories</i> Total: 229 (7B 7G 4P)	2 hard-boiled eggs and a pear <i>Calories</i> Eggs: 144 Pear: 96 Total: 240 (0B 4G 0P)	1 slice whole grain bread, 1 tablespoon peanut butter and ½ banana <i>Calories</i> Bread: 110 Peanut butter: 96 Banana: 52 Total: 258 (6B 6G 6P)	Crustless Quiche Lorraine ** and an orange <i>Calories</i> Quiche: 205 Orange: 62 Total: 267 (5B 7G 5P)	Whole Wheat Pumpkin Pancakes with 1 tablespoon maple syrup <i>Calories</i> Pancakes: 234 Syrup: 47 Total: 281 (11B 11G 11P)
Lunch	Turkey Club <i>Calories</i> Total: 351 (7B 8G 7P)	Turkey Club <i>Calories</i> Total: 351 (7B 8G 7P)	Buffalo Shrimp Lettuce Wraps (½ recipe) <i>Calories</i> Total: 242 (4B 5G 4P)	Buffalo Shrimp Lettuce Wraps <i>Calories</i> Total: 242 (4B 5G 4P)	LEFTOVER Crock Pot Kid-Friendly Turkey Chili with 1 ounce avocado and 2 tablespoons shredded cheddar <i>Calories</i> Chili: 226 Avocado: 45 Cheese: 57 Total: 328 (3B 7G 7P)	Open Faced Tuna Melt Sandwich (recipe x 2) and an apple <i>Calories</i> Melt: 231 Apple: 94 Total: 325 (4B 5G 4P)	Avocado and Lump Crab Salad (recipe x 2) <i>Calories</i> Total: 178 (5B 5G 5P)
Dinner	Vegetarian Mushroom Kale Lasagna Rolls with a green salad* <i>Calories</i> Lasagna: 258 Salad: 94 Total: 352 (7B 8G 7P)	LEFTOVER Vegetarian Mushroom Kale Lasagna Rolls with a green salad <i>Calories</i> Lasagna: 258 Salad: 94 Total: 352 (7B 8G 7P)	Turmeric Roasted Chicken and Sweet Potatoes <i>Calories</i> Total: 516 (11B 11G 8P)	Crock Pot Kid-Friendly Turkey Chili with 1 ounce avocado and 2 tablespoons shredded cheddar <i>Calories</i> Chili: 226 Avocado: 45 Cheese: 57 Total: 328 (3B 7G 7P)	Skillet Cajun Spiced Flounder with Tomatoes with 2 ounces multigrain baguette <i>Calories</i> Fish: 206 Baguette: 130 Total: 336 (3B 5G 3P)	ORDER IN!	Salisbury Steak Meatballs with Skinny Garlic Mashed Potatoes and String Beans with Garlic and Oil <i>Calories</i> Meatballs: 271 Potatoes: 165 Beans: 99 Total: 535 (12B 13G 8P)
Totals	Calories: 932 WW Points: 21B 23G 18P	Calories: 943 WW Points: 14B 20G 14P	Calories: 987 WW Points: 22B 23G 16P	Calories: 810 WW Points: 7B 16G 11P	Calories: 922 WW Points: 12B 18G 16P	Calories: 592 WW Points: 9B 12G 9P	Calories: 994 WW Points: 28B 29G 24P

Notes	*Green salad includes 12 cups mixed greens, 4 scallions, 1 cup each: tomatoes, cucumber, carrots, chickpeas and ½ cup light vinaigrette. Freeze any leftover					**Freeze any leftover you/your family won't eat.	
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	lasagna you/your family won't eat.						
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