

Skinnytaste Meal Plan (3/23-3/29)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Overnight Oats in a Jar <i>Calories</i> Total: 236 (5B 5G 3P)	Overnight Oats in a Jar <i>Calories</i> Total: 236 (5B 5G 3P)	Classic Egg Salad on 1 slice whole grain bread and an orange <i>Calories</i> Salad: 185 Bread: 110 Orange: 62 Total: 357 (6B 9G 6P)	Classic Egg Salad on 1 slice whole grain bread and an orange <i>Calories</i> Salad: 185 Bread: 110 Orange: 62 Total: 357 (6B 9G 6P)	Classic Egg Salad on 1 slice whole grain bread and an orange <i>Calories</i> Salad: 185 Bread: 110 Orange: 62 Total: 357 (6B 9G 6P)	Easy Bagel Recipe (recipe x 2) with 2 tablespoons light cream cheese and 1 cup mixed berries <i>Calories</i> Bagel: 152 Cream cheese: 60 Berries: 84 Total: 296 (6B 7G 6P)	Easy Bagel Recipe (recipe x 2) with 2 tablespoons light cream cheese and 1 cup mixed berries <i>Calories</i> Bagel: 152 Cream cheese: 60 Berries: 84 Total: 296 (6B 7G 6P)
Lunch	Fiesta Bean Salad <i>Calories</i> Total: 335 (4B 8G 4P)	LEFTOVER Red Lentil Soup <i>Calories</i> Total: 255 (1B 6G 1P)	LEFTOVER Red Lentil Soup <i>Calories</i> Total: 255 (1B 6G 1P)	Chickpea Tuna Salad over 2 cups chopped romaine lettuce <i>Calories</i> Salad: 273 Romaine: 16 Total: 289 (0B 8G 0P)	Chickpea Tuna Salad over 2 cups chopped romaine lettuce <i>Calories</i> Salad: 273 Romaine: 16 Total: 289 (0B 8G 0P)	Sloppy Joes Baked Sweet Potatoes <i>Calories</i> Total: 259 (8B 8G 2P)	Chickpea Salad <i>Calories</i> Total: 182 (1B 5G 1P)
Dinner	Red Lentil Soup with 2 ounces multigrain baguette <i>Calories</i> Soup: 255 Baguette: 130 Total: 385 (4B 8G 4P)	One Pot Cheesy Turkey Taco Chili Mac <i>Calories</i> Total: 341 (6B 8G 6P)	LEFTOVER One Pot Cheesy Turkey Taco Chili Mac <i>Calories</i> Total: 341 (6B 8G 6P)	Turmeric Roasted Chicken and Sweet Potatoes <i>Calories</i> Total: 516 (11B 11G 8P)	Shrimp, Peas and Rice with ½ cup steamed string beans <i>Calories</i> Shrimp/Peas/Rice: 346 String Beans: 22 Total: 368 (8B 8G 3P)	ORDER IN!	Spaghetti Carbonara <i>Calories</i> Total: 422 (10B 12G 10B)
Totals	Calories: 956 WW Points: 13B 22G 11P	Calories: 832 WW Points: 12B 19G 10P	Calories: 953 WW Points: 13B 23G 13P	Calories: 1,162 WW Points: 17B 28G 14P	Calories: 1,014 WW Points: 14B 25G 9P	Calories: 555 WW Points: 14B 15G 8P	Calories: 900 WW Points: 17B 24G 17P