

Skinnytaste Meal Plan (8/13-8/19)

	Monday (8/13)	Tuesday (8/14)	Wednesday (8/15)	Thursday (8/16)	Friday (8/17)	Saturday (8/18)	Sunday (8/19)
Breakfast	Loaded Baked Omelet Muffins * (2) with 1 cup mixed berries (0) <i>Calories</i> Muffins: 165 Berries: 84 Total: 249 (2)	Loaded Baked Omelet Muffins (2) with a banana (0) <i>Calories</i> Muffins: 165 Banana: 105 Total: 270 (2)	Loaded Baked Omelet Muffins (2) with 1 cup mixed berries (0) <i>Calories</i> Muffins: 165 Berries: 84 Total: 249 (2)	Loaded Baked Omelet Muffins (2) with a banana (0) <i>Calories</i> Muffins: 165 Banana: 105 Total: 270 (2)	Greek Yogurt with Berries, Nuts and Honey (5) <i>Calories</i> Total: 251 (5)	3 Chewy Chocolate Chip Oatmeal Breakfast Cookies (4) with a nectarine (0) <i>Calories</i> Cookies: 149 Nectarine: 62 Total: 211 (4)	Bacon Egg and Avocado Breakfast Sandwich (6) <i>Calories</i> Total: 369 (6)
Lunch	Greek Turkey Meatballs * (5) with ¼ cup Skinny Tzatziki (0), ½ whole wheat pita (2) and sliced tomatoes (0) <i>Calories</i> Meatballs: 255 Tzatziki: 18 Pita: 75 Tomato: 22 Total: 370 (7)	Greek Turkey Meatballs (5) with ¼ cup Skinny Tzatziki (0), ½ whole wheat pita (2) and sliced tomatoes (0) <i>Calories</i> Meatballs: 255 Tzatziki: 18 Pita: 75 Tomato: 22 Total: 370 (7)	Greek Turkey Meatballs (5) with ¼ cup Skinny Tzatziki (0), ½ whole wheat pita (2) and sliced tomatoes (0) <i>Calories</i> Meatballs: 255 Tzatziki: 18 Pita: 75 Tomato: 22 Total: 370 (7)	Greek Turkey Meatballs (5) with ¼ cup Skinny Tzatziki (0), ½ whole wheat pita (2) and sliced tomatoes (0) <i>Calories</i> Meatballs: 255 Tzatziki: 18 Pita: 75 Tomato: 22 Total: 370 (7)	Asparagus Egg and Bacon Salad with Dijon Vinaigrette ** (3) <i>Calories</i> Total: 219 (3)	LEFTOVER Orecchiette Pasta with Sausage and Broccoli (8) <i>Calories</i> Total: 284 (8)	Skinny Low-Yolk Egg Salad (1) (Recipe x 2) on 1 whole wheat pita (4) with 2 slices tomato (0) and a handful of arugula (0) <i>Calories</i> Egg Salad: 81 Pita: 150 Tomato: 10 Arugula: 3 Total: 244 (5)
Dinner	Grilled Pizza (6) <i>Calories</i> Total: 242 (6)	Easy Crock Pot Chicken and Black Bean Taco Salad (6) <i>Calories</i> Total: 290 (6)	Korean Beef Rice Bowls (10) <i>Calories</i> Total: 394 (10)	Orecchiette Pasta with Chicken Sausage and Broccoli (8) <i>Calories</i> Total: 284 (8)	Smoky Spice Rubbed Grilled Salmon with Black Beans and Corn (1) <i>Calories</i> Total: 399 (1)	DINNER OUT!	Baked Chicken Milanese with Arugula and Tomatoes (4) <i>Calories</i> Total: 250 (4)
Totals	Calories: 861 Freestyle™ SP: 15	Calories: 930 Freestyle™ SP: 15	Calories: 1,013 Freestyle™ SP: 19	Calories: 924 Freestyle™ SP: 17	Calories: 869 Freestyle™ SP: 9	Calories: 495 Freestyle™ SP: 12	Calories: 863 Freestyle™ SP: 15

Notes	*Make omelets, meatballs and tzatziki Sunday night				**Cook and prep Asparagus Salad Thurs night		
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