

Skinnytaste Meal Plan (1/23/23-1/29/23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Freezer Breakfast Burritos* Cals: 261 Pro: 21 g Carbs: 18 g Fat: 16 g WW Points: 5	Freezer Breakfast Burritos Cals: 261 Pro: 21 g Carbs: 18 g Fat: 16 g WW Points: 5	Freezer Breakfast Burritos Cals: 261 Pro: 21 g Carbs: 18 g Fat: 16 g WW Points: 5	Zucchini Oats Cals: 441 Pro: 24 g Carbs: 63 g Fat: 12.5 g WW Points: 4	Zucchini Oats Cals: 441 Pro: 24 g Carbs: 63 g Fat: 12.5 g WW Points: 4	Insanely Good Blueberry Oatmeal Muffins with 1 scrambled egg Cals: 199 Pro: 9.5 g Carbs: 29 g Fat: 7.5 g WW Points: 4	LEFTOVER Insanely Good Blueberry Oatmeal Muffins with ¾ cup nonfat plain Greek yogurt with 1 teaspoon honey Cals: 238 Pro: 21 g Carbs: 39.5 g Fat: 2.5 g WW Points: 6
	Lunch	Tuna Egg Salad over 2 cups mixed greens Cals: 341 Pro: 32.5 g Carbs: 8.5 g Fat: 20 g WW Points: 3	Tuna Egg Salad over 2 cups mixed greens Cals: 341 Pro: 32.5 g Carbs: 8.5 g Fat: 20 g WW Points: 3	LEFTOVER Turkey Chili Taco Soup with 2 tablespoons shredded cheddar and 1 ounce avocado Cals: 327 Pro: 26 g Carbs: 34.5 g Fat: 11 g WW Points: 3	LEFTOVER Turkey Chili Taco Soup with 2 tablespoons shredded cheddar and 1 ounce avocado Cals: 327 Pro: 26 g Carbs: 34.5 g Fat: 11 g WW Points: 3	LEFTOVER Chicken Stuffed Peppers with White Beans Cals: 304 Pro: 30 g Carbs: 35 g Fat: 6 g WW Points: 2	Chicken Shiitake and Wild Rice Soup with Everything Parmesan Crisps (recipe x 2) Cals: 266 Pro: 18.5 g Carbs: 28.5 g Fat: 8.5 g WW Points: 8
Dinner		Borscht with Lemony Hearts of Palm Salad with Avocado and 1 slice rye bread Cals: 382 Pro: 9 g Carbs: 49 g Fat: 18.5 g WW Points: 10	Turkey Chili Taco Soup with 2 tablespoons shredded cheddar and 1 ounce avocado Cals: 327 Pro: 26 g Carbs: 34.5 g Fat: 11 g WW Points: 3	Crispy Breaded Air Fryer Pork Chops with Roasted Brussels Sprouts and Shallots with Balsamic Glaze Cals: 504 Pro: 37 g Carbs: 22 g Fat: 20 g WW Points: 10	Chicken Stuffed Peppers with White Beans with Cilantro Lime Cauliflower Rice Cals: 365 Pro: 32.5 g Carbs: 43 g Fat: 9 g WW Points: 3	Blackened Fish with Key Lime Tartar with Quick Cabbage Slaw Cals: 462 Pro: 37.5 g Carbs: 46 g Fat: 14.5 g WW Points: 9	DINNER OUT!
	Total Daily Calories	Calories: 984 WW Points: 18	Calories: 929 WW Points: 11	Calories: 1,092 WW Points: 18	Calories: 1,133 WW Points: 10	Calories: 1,207 WW Points: 15	

Notes	*Prep Sunday night, if desired.						
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