

Skinnytaste Meal Plan (2/6/23-2/12/23)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
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| Breakfast | Air Fryer Breakfast Banana Split Cals: 286 Pro: 15 g Carbs: 41 g Fat: 9 g WW Points: 5 | Air Fryer Breakfast Banana Split Cals: 286 Pro: 15 g Carbs: 41 g Fat: 9 g WW Points: 5 | Mushroom-Spinach Scrambled Eggs Cals: 271 Pro: 21.5 g Carbs: 10 g Fat: 17 g WW Points: 2 | Mushroom-Spinach Scrambled Eggs Cals: 271 Pro: 21.5 g Carbs: 10 g Fat: 17 g WW Points: 2 | Mushroom-Spinach Scrambled Eggs Cals: 271 Pro: 21.5 g Carbs: 10 g Fat: 17 g WW Points: 2 | Burst Tomato Cottage Cheese Caprese Bowl (recipe x 4) Cals: 245 Pro: 20.5 g Carbs: 13 g Fat: 12 g WW Points: 6 | Crustless Sausage and Spinach Quiche with 1 ½ cups mixed greens and 2 teaspoons light vinaigrette Cals: 267 Pro: 23 g Carbs: 10.5 g Fat: 14.5 g WW Points: 6 | |
| Lunch | Buffalo Chicken Salad Cals: 359 Pro: 30 g Carbs: 4 g Fat: 24 g WW Points: 7 | Buffalo Chicken Salad Cals: 359 Pro: 30 g Carbs: 4 g Fat: 24 g WW Points: 7 | LEFTOVER Pork Carnitas with 2 corn tortillas, 2 ounces avocado and ¼ cup Pico de Gallo Cals: 403 Pro: 25 g Carbs: 38 g Fat: 17 g WW Points: 9 | LEFTOVER Pork Carnitas with 2 corn tortillas, 2 ounces avocado and ¼ cup Pico de Gallo Cals: 403 Pro: 25 g Carbs: 38 g Fat: 17 g WW Points: 9 | LEFTOVER Pork Carnitas with 2 corn tortillas, 2 ounces avocado and ¼ cup Pico de Gallo Cals: 403 Pro: 25 g Carbs: 38 g Fat: 17 g WW Points: 9 | Creamy Roasted Cauliflower Chowder Cals: 205 Pro: 7.5 g Carbs: 20 g Fat: 11 g WW Points: 7 | Open-Faced Tuna Melt Sandwich (recipe x 2) with 8 baby carrots Cals: 259 Pro: 29 g Carbs: 21 g Fat: 6.5 g WW Points: 5 | |
| Dinner | White Bean Scampi with Linguine Cals: 571 Pro: 26.5 g Carbs: 93 g Fat: 9.5 g WW Points: 8 | Pork Carnitas with 2 corn tortillas, 2 ounces avocado and ¼ cup Pico de Gallo Cals: 403 Pro: 25 g Carbs: 38 g Fat: 17 g WW Points: 9 | Sicilian Rice Ball Casserole with a green salad* Cals: 481 Pro: 25.5 g Carbs: 62.5 g Fat: 14 g WW Points: 11 | LEFTOVER Sicilian Rice Ball Casserole with LEFTOVER green salad Cals: 481 Pro: 25.5 g Carbs: 62.5 g Fat: 14 g WW Points: 11 | Teriyaki Shrimp Quinoa Bowls Cals: 352 Pro: 24 g Carbs: 44.5 g Fat: 10 g WW Points: 6 | DINNER OUT! | | Buttermilk Marinated Air Fryer Whole Chicken with Garlic Mashed Potatoes and Roasted Parmesan Green Beans Cals: 549 Pro: 57.5 g Carbs: 38.5 g Fat: 18.5 g WW Points: 12 |
| Total Daily Calories | Calories: 1,216 WW Points: 20 | Calories: 1,048 WW Points: 21 | Calories: 1,155 WW Points: 22 | Calories: 1,155 WW Points: 22 | Calories: 1,026 WW Points: 17 | Calories: 450 WW Points: 13 | Calories: 1,075 WW Points: 23 | |

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| Notes | | | *Green salad includes 12 cups mixed greens, 4 scallions, 1 cup each: tomatoes, carrots, cucumbers, chickpeas and 1/2 cup light vinaigrette. Set aside 1/2 the salad with dressing on the side for dinner Thursday. | | | | |
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