

Skinnytaste Meal Plan (4/14/25-4/20/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	Mushroom-Spinach Scrambled Eggs with 2 strips bacon Cals: 331 Pro: 26.5 g Carbs: 10 g Fat: 22.5 g WW Points: 4	Chickpea "Tuna" Salad on 1 slice sourdough and 1 cup strawberries Cals: 418 Pro: 16 g Carbs: 69.5 g Fat: 10 g WW Points: 7	Pesto Pasta with Arugula, Asparagus, Peas and Pistachios Cals: 380 Pro: 14 g Carbs: 52 g Fat: 15 g WW Points: 8	Calories: 1,129 WW Points: 19	
Tuesday	Mushroom-Spinach Scrambled Eggs with 2 strips bacon Cals: 331 Pro: 26.5 g Carbs: 10 g Fat: 22.5 g WW Points: 4	Chickpea "Tuna" Salad on 1 slice sourdough and 1 cup strawberries Cals: 418 Pro: 16 g Carbs: 69.5 g Fat: 10 g WW Points: 7	Chicken Fajitas with Chipotle Cilantro Lime Rice Cals: 493 Pro: 42 g Carbs: 62.5 g Fat: 14 g WW Points: 10	Calories: 1,242 WW Points: 21	
Wednesday	Mango Coconut Chia Pudding Cals: 227 Pro: 7 g Carbs: 22 g Fat: 13 g WW Points: 5	Chickpea "Tuna" Salad on 1 slice sourdough and an orange Cals: 434 Pro: 16 g Carbs: 74 g Fat: 10 g WW Points: 7	Slow Cooker Pulled Pork on a whole grain roll with Coleslaw Cals: 406 Pro: 37.5 g Carbs: 43.5 g Fat: 10 g WW Points: 7	Calories: 1,067 WW Points: 19	
Thursday	Mango Coconut Chia Pudding Cals: 227 Pro: 7 g Carbs: 22 g Fat: 13 g WW Points: 5	Chickpea "Tuna" Salad on 1 slice sourdough and an orange Cals: 434 Pro: 16 g Carbs: 74 g Fat: 10 g WW Points: 7	LEFTOVER Slow Cooker Pulled Pork with Garlic Mashed Potatoes and String Beans with Garlic and Oil Cals: 467 Pro: 37.5 g Carbs: 52.5 g Fat: 13 g WW Points: 6	Calories: 1,128 WW Points: 18	
Friday	Air Fryer Breakfast Banana Split Cals: 286 Pro: 15 g Carbs: 41 g Fat: 9 g WW Points: 5	Hearts of Palm Peanut Noodle Stir Fry Cals: 414 Pro: 17 g Carbs: 26.5 g Fat: 26.5 g WW Points: 7	Baked Cod with Instant Pot Jasmine Rice and Broccoli Salad Cals: 559 Pro: 38 g Carbs: 60.5 g Fat: 18 g WW Points: 11	Calories: 1,259 WW Points: 23	
Saturday	Breakfast BLT (recipe x 4) Cals: 288 Pro: 21 g Carbs: 21 g Fat: 14.5 g WW Points: 6	Air Fryer Chicken Bites (½ recipe) with LEFTOVER Instant Pot Jasmine Rice and Broccoli Salad Cals: 578 Pro: 48 g Carbs: 49 g Fat: 20 g WW Points: 11	DINNER OUT!	Calories: 866 WW Points: 17	
Sunday	Carrot Cake Muffins and Bloody Mary Deviled Eggs and 1 cup mixed berries Cals: 338 Pro: 15.5 g Carbs: 45.5 g Fat: 15.5 g WW Points: 8	Artichoke Pie with Pea Salad and Zesty Lime Shrimp and Avocado Salad Cals: 515 Pro: 42.5 g Carbs: 32 g Fat: 25.5 g WW Points: 11	Honey Baked Spiral Ham with Scalloped Potato Gratin and Roasted Heirloom Carrots with Feta, Truffle, and Lemon Cals: 412 Pro: 25 g Carbs: 43.5 g Fat: 17 g WW Points: 9	Calories: 1,265 WW Points: 28	

