

Skinnytaste Meal Plan (10/28-11/3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Classic Egg Salad (3) on 1 slice whole grain bread (3) <i>Calories</i> Salad: 185 Bread: 110 Total: 295 (6)	Classic Egg Salad (3) on 1 slice whole grain bread (3) <i>Calories</i> Salad: 185 Bread: 110 Total: 295 (6)	Classic Egg Salad (3) on 1 slice whole grain bread (3) <i>Calories</i> Salad: 185 Bread: 110 Total: 295 (6)	Classic Egg Salad (3) on 1 slice whole grain bread (3) <i>Calories</i> Salad: 185 Bread: 110 Total: 295 (6)	PB + J Yogurt (6) <i>Calories</i> Total: 258 (6)	Pumpkin Cream Cheese Muffins (7) with a banana (0) <i>Calories</i> Muffin: 170 Banana: 105 Total: 275 (7)	LEFTOVER Pumpkin Cream Cheese Muffins (7) with a banana (0) <i>Calories</i> Muffin: 170 Banana: 105 Total: 275 (7)
Lunch	Shredded Raw Brussels Sprout Salad with Bacon and Avocado (7) <i>Calories</i> Total: 284 (9)	Shredded Raw Brussels Sprout Salad with Bacon and Avocado (7) <i>Calories</i> Total: 284 (7)	LEFTOVER Baked Chicken Parmesan (4) with 1 cup whole wheat spaghetti (5) <i>Calories</i> Chicken: 251 Spaghetti: 174 Total: 425 (9)	LEFTOVER Baked Chicken Parmesan (4) with 1 cup whole wheat spaghetti (5) <i>Calories</i> Chicken: 251 Spaghetti: 174 Total: 425 (9)	LEFTOVER Baked Chicken Parmesan (4) with 1 cup whole wheat spaghetti (5) <i>Calories</i> Chicken: 251 Spaghetti: 174 Total: 425 (9)	Houston's Grilled Chicken Salad (7) <i>Calories</i> Total: 365 (7)	Broccoli Cheese and Potato Soup (7) <i>Calories</i> Total: 239 (7)
Dinner	1 ¼ cup Skinny Macaroni and Cheese Soup with Broccoli (6) <i>Calories</i> Total: 315 (8)	Baked Chicken Parmesan (4) with 1 cup whole wheat spaghetti (5) and a green salad* (2) <i>Calories</i> Chicken: 251 Spaghetti: 174 Salad: 130 Total: 503 (11)	Korean Beef Rice Bowls (10) <i>Calories</i> Total: 394 (10)	Turkey Chili Taco Soup (0) with 2 tablespoons cheddar cheese (2), and 1 ounce (about 18) baked tortilla chips (3) <i>Calories</i> Soup: 225 Cheese: 57 Chips: 117 Total: 399 (5)	Skillet Fish Fillet with Tomatoes, White Wine and Capers (2) (recipe x 2) with Broccoli and Orzo (4) <i>Calories</i> Fish: 271 Broccoli Orzo: 159 Total: 430 (6)	DINNER OUT!	Salisbury Steak with Mushroom Gravy (5) with Instant Pot Mashed Potatoes (5) <i>Calories</i> Steak/Gravy: 247 Potatoes: 142 Total: 389 (10)
Totals	Calories: 894 Freestyle™ SP: 22	Calories: 1,082 Freestyle™ SP: 24	Calories: 1,114 Freestyle™ SP: 25	Calories: 1,119 Freestyle™ SP: 20	Calories: 1,113 Freestyle™ SP: 21	Calories: 640 Freestyle™ SP: 14	Calories: 903 Freestyle™ SP: 24
Notes		*Green salad includes 6 cups mixed greens, 2 scallions, ½ cup each: tomatoes, cucumber, carrots, and ½ cup light vinaigrette. Boil an extra 6 ounces spaghetti for lunch leftovers.					

