

Skinnytaste Meal Plan (10/29-11/4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 hard-boiled eggs (0) and a pear (0) <i>Calories</i> Eggs: 144 Pear: 96 Total: 240 (0)	Greek Yogurt with Berries, Nuts and Honey (5) <i>Calories</i> Total: 251 (5)	2 hard-boiled eggs (0) and a pear (0) <i>Calories</i> Eggs: 144 Pear: 96 Total: 240 (0)	Greek Yogurt with Berries, Nuts and Honey (5) <i>Calories</i> Total: 251 (5)	2 hard-boiled eggs (0) and a pear (0) <i>Calories</i> Eggs: 144 Pear: 96 Total: 240 (0)	Banana Nut Bread ** (4) with an orange (0) <i>Calories</i> Bread: 104 Orange: 62 Total: 166 (4)	LEFTOVER Banana Nut Bread (4) with an orange (0) <i>Calories</i> Bread: 104 Orange: 62 Total: 166 (4)
Lunch	Chicken Salad with Lemon and Dill (1) on 1 slice whole grain bread (3) and an apple (0) <i>Calories</i> Salad: 207 Bread: 110 Apple: 94 Total: 411 (4)	Chicken Salad with Lemon and Dill (1) on 1 slice whole grain bread (3) and an apple (0) <i>Calories</i> Salad: 207 Bread: 110 Apple: 94 Total: 411 (4)	Chicken Salad with Lemon and Dill (1) on 1 slice whole grain bread (3) and an apple (0) <i>Calories</i> Salad: 207 Bread: 110 Apple: 94 Total: 411 (4)	LEFTOVER Turkey Pumpkin Chili (4) <i>Calories</i> Total: 300 (4)	LEFTOVER Turkey Pumpkin Chili (4) <i>Calories</i> Total: 300 (4)	Chunky Beef, Cabbage and Tomato Soup ** (3) with 2 ounces multigrain baguette (3) <i>Calories</i> Soup: 181 Bread: 130 Total: 311 (6)	Harvest Kale Salad with Roasted Winter Squash (5) (Recipe x 2) <i>Calories</i> Total: 329 (5)
Dinner	Veggie Lasagna Stuffed Portobello Mushrooms (6) a green salad (0) with light Italian dressing (2)* <i>Calories</i> Mushrooms: 236 Salad: 70 Dressing: 60 Total: 366 (8)	Slow-Cooker Salsa Chicken with Black Beans and Corn (3) <i>Calories</i> Total: 414 (3)	Turkey Pumpkin Chili (4) <i>Calories</i> Total: 300 (4)	Turkey Cutlets with Parmesan Crust (3) with Broccoli and Orzo (4) <i>Calories</i> Turkey: 196 Broccoli/Orzo: 159 Total: 355 (7)	Honey-Teriyaki Salmon and Cauliflower Rice (4) <i>Calories</i> Total: 324 (4)	DINNER OUT!	Chicken Cacciatore (3) with 1 cup whole wheat spaghetti (5) <i>Calories:</i> Cacciatore: 133 Spaghetti: 174 Total: 307 (8)
Totals	Calories: 1,017 Freestyle™ SP: 12	Calories: 1,076 Freestyle™ SP: 12	Calories: 951 Freestyle™ SP: 8	Calories: 906 Freestyle™ SP: 16	Calories: 864 Freestyle™ SP: 8	Calories: 477 Freestyle™ SP: 10	Calories: 802 Freestyle™ SP: 17

Notes	*Salad includes 6 cups mixed greens, ½ cup each: carrots, tomatoes, chickpeas					**Freeze any leftover you/your family won't eat	
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