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

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