

Skinnytaste Meal Plan (12/3-12/9)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Overnight Oats in a Jar (5) <i>Calories</i> Total: 243 (5)	Greek Yogurt with Berries, Nuts and Honey (5) <i>Calories</i> Total: 251 (5)	Overnight Oats in a Jar (5) <i>Calories</i> Total: 243 (5)	Greek Yogurt with Berries, Nuts and Honey (5) <i>Calories</i> Total: 251 (5)	2 scrambled eggs (0) with 2 tablespoons shredded cheddar (2) and 1 ounce sliced avocado (1) <i>Calories</i> Eggs: 144 Cheese: 57 Avocado: 45 Total: 246 (3)	Breakfast BLT Salad (4) (Recipe x 2) <i>Calories</i> Total: 292 (4)	PB & J Healthy Oatmeal Cookies (2) with 1 cup grapes (0) <i>Calories</i> Cookies: 91 Grapes: 104 Total: 195 (2)
Lunch	Greek Chickpea Salad (6) <i>Calories</i> Total: 292 (6)	Greek Chickpea Salad (6) <i>Calories</i> Total: 292 (6)	Greek Chickpea Salad (6) <i>Calories</i> Total: 292 (6)	Greek Chickpea Salad (6) <i>Calories</i> Total: 292 (6)	LEFTOVER Turkey Meatball Spinach Tortellini Soup (6) <i>Calories</i> Total: 271 (6)	The Skinny Tuna Melt (4) (Recipe x 2) <i>Calories</i> Total: 231 (4)	5 Buffalo Chicken Meatballs (4) with 2 Easy Garlic Knots (4) <i>Calories</i> Meatballs: 185 Knots: 174 Total: 359 (8)
Dinner	Carrot Ginger Soup (3) with ½ grilled cheese sandwich (6)* <i>Calories</i> Soup: 115 Sandwich: 190 Total: 305 (9)	Madison's Favorite Beef Tacos (½ recipe) (9) with Quick and Delicious Cuban Style Black Beans (1) <i>Calories</i> Tacos: 382 Beans: 114 Total: 496 (10)	Fig Balsamic Roasted Pork Tenderloin (4) with Roasted Baby Potatoes with Rosemary (3) and Sauteed Brussels Sprouts (1) <i>Calories</i> Pork: 196 Potatoes: 103 Brussels: 82 Total: 381 (8)	Turkey Meatball Spinach Tortellini Soup (6) <i>Calories</i> Total: 271 (6)	Healthy Baked Fish Sticks with Lemon Caper Sauce (4) and Skinny Garlic Parmesan Fries (6) (Recipe x 4) <i>Calories</i> Fish Sticks: 229 Fries: 192 Total: 421 (10)	DINNER OUT!	Pollo in Potacchio (4) with Broccoli and Orzo (4) <i>Calories</i> Pollo: 221 Broccoli/Orzo: 159 Total: 380 (8)
Totals	Calories: 840 Freestyle™ SP: 20	Calories: 1,039 Freestyle™ SP: 21	Calories: 916 Freestyle™ SP: 19	Calories: 814 Freestyle™ SP: 17	Calories: 938 Freestyle™ SP: 19	Calories: 523 Freestyle™ SP: 8	Calories: 934 Freestyle™ SP: 18
Notes	*Grilled cheese sandwich includes 1 slice whole grain bread (3) and 1 slice cheddar cheese (3)						

