

Skinnytaste Meal Plan (11/14/22-11/20/22)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Banana Nut Protein Oats Cals: 388 Pro: 18.5 g Carbs: 63.5 g Fat: 9 g	15-Minute Protein Chia Seed Cereal Cals: 318 Pro: 29 g Carbs: 30 g Fat: 10 g	Banana Nut Protein Oats Cals: 388 Pro: 18.5 g Carbs: 63.5 g Fat: 9 g	Avocado Toast with Hard Boiled Egg Cals: 229 Pro: 12 g Carbs: 23 g Fat: 10 g	Banana Nut Protein Oats Cals: 388 Pro: 18.5 g Carbs: 63.5 g Fat: 9 g	Cacio e Pepe Frittata with Lemony Yogurt and Arugula Salad Cals: 277 Pro: 20 g Carbs: 5.5 g Fat: 18.5 g	Cinnamon Apple Yogurt Bowls (recipe x 2) Cals: 283 Pro: 12.5 g Carbs: 40 g Fat: 10 g
Lunch	Beef Barley Soup * Cals: 336 Pro: 32 g Carbs: 27 g Fat: 11 g	LEFTOVER Beef Barley Soup Cals: 336 Pro: 32 g Carbs: 27 g Fat: 11 g	LEFTOVER Beef Barley Soup Cals: 336 Pro: 32 g Carbs: 27 g Fat: 11 g	LEFTOVER Kid-Friendly Crock Pot Turkey Chili with 2 tablespoons shredded cheddar and 1 ounce avocado Cals: 328 Pro: 35 g Carbs: 24 g Fat: 12 g	Chickpea Avocado Salad (½ recipe) and a hard boiled egg Cals: 315 Pro: 15.5 g Carbs: 32 g Fat: 15 g	Chicken and Lentil Soup Cals: 263 Pro: 23.5 g Carbs: 40 g Fat: 3 g	LEFTOVER Chicken and Lentil Soup Cals: 263 Pro: 23.5 g Carbs: 40 g Fat: 3 g
Dinner	Vegetarian Mushroom Kale Lasagna Rolls with a green salad* Cals: 366 Pro: 16 g Carbs: 46 g Fat: 12.5 g	LEFTOVER Vegetarian Mushroom Kale Lasagna Rolls with LEFTOVER green salad Cals: 366 Pro: 16 g Carbs: 46 g Fat: 12.5 g	Kid-Friendly Crock Pot Turkey Chili with 2 tablespoons shredded cheddar and 1 ounce avocado Cals: 328 Pro: 35 g Carbs: 24 g Fat: 12 g	Chicken Thighs with Shallots in Red Wine Vinegar with Mashed Cauliflower and Garlic Butter Mushrooms Cals: 527 Pro: 53.5 g Carbs: 24.5 g Fat: 24.5 g	Easy Roasted Lemon Garlic Shrimp with Broccoli and Orzo Cals: 375 Pro: 40.5 g Carbs: 30 g Fat: 10 g	DINNER OUT!	FRIENDSGIVING Stuffed Turkey Breast with Cranberry Stuffing with Roasted Green Beans with Caramelized Onions and Roasted Honeynut Squash Cals: 791 Pro: 75.5 g Carbs: 79 g Fat: 21 g
Total Daily Calories	Calories: 1,090	Calories: 1,020	Calories: 1,052	Calories: 1,084	Calories: 1,078	Calories: 540	Calories: 1,337
Notes	*Make soup Sunday night. Green salad includes 12 cups mixed greens, 4 scallions, 1 cup each: tomatoes, carrots,						

	cucumbers, chickpeas and ½ cup light vinaigrette. Set aside ½ the salad with ½ the dressing (on the side) for dinner Tuesday.						
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