

Skinnytaste Meal Plan (4/20-4/26)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Avocado Toast with Sunny Side Egg (recipe x 4) and an orange <i>Calories</i> Toast: 229 Orange: 64 Total: 293 (4B 6G 4P)	Avocado Toast with Sunny Side Egg (recipe x 4) and a pear <i>Calories</i> Toast: 229 Pear: 92 Total: 325 (4B 6G 4P)	¾ cup plain nonfat plain Greek yogurt, 1 teaspoon honey, ½ apple (chopped), pinch cinnamon <i>Calories</i> Yogurt: 90 Honey: 21 Apple: 47 Total: 158 (1B 3G 1P)	¾ cup plain nonfat plain Greek yogurt, 1 teaspoon honey, ½ apple (chopped), pinch cinnamon <i>Calories</i> Yogurt: 90 Honey: 21 Apple: 47 Total: 158 (1B 3G 1P)	Blueberry Banana Oatmeal Smoothie (recipe x 2) <i>Calories</i> Total: 180 (7B 7G 7P)	Stuffed Bagel Balls with an orange <i>Calories</i> Balls: 173 Orange: 64 Total: 237 (5B 6G 5P)	Banana Nut Bread with 1 cup mixed berries <i>Calories</i> Bread: 104 Berries: 84 Total: 188 (4B 5G 5P)
Lunch	3 Skinny Baked Mozzarella Sticks with Quick Marinara Sauce * and 2 cups chopped romaine with 1 tablespoon light Caesar dressing <i>Calories</i> Sticks: 131 Sauce: 53 Salad: 61 Total: 245 (5B 7G 5P)	LEFTOVER Lebanese Lentil Soup <i>Calories</i> Total: 260 (2B 6G 1P)	LEFTOVER Chicken Enchiladas with 1 ounce avocado and Quick and Delicious Cuban Style Black Beans <i>Calories</i> Enchilada: 168 Avocado: 45 Beans: 114 Total: 327 (8B 9G 5P)	The Skinny Tuna Melt (recipe x 2) and an apple <i>Calories</i> Melt: 231 Apple: 94 Total: 325 (4B 5G 4P)	LEFTOVER Baked Chicken Parmesan with 2 cups mixed greens and 1 tablespoon light vinaigrette <i>Calories</i> Chicken: 251 Greens/Vinaigrette: 48 Total: 299 (5B 7G 5P)	Slow Cooker Paleo Jalapeno Popper Chicken Chili <i>Calories</i> Total: 285 (7B 7G 5P)	LEFTOVER Slow Cooker Paleo Jalapeno Popper Chicken Chili <i>Calories</i> Total: 285 (7B 7G 5P)
Dinner	Lebanese Lentil Soup with ½ whole wheat pita* and Skinny Tzatziki <i>Calories</i> Soup: 260 Pita: 75 Tzatziki: 18 Total: 354 (4B 8G 3P)	Chicken Enchiladas with Cilantro Lime Cauliflower "Rice" and Quick and Delicious Cuban Style Black Beans (recipe x 2) <i>Calories</i> Enchilada: 168 "Rice": 61 Beans: 114 Total: 343 (8B 9G 5P)	Oven "Fried" Breaded Pork Chops with Spiralized Apple and Cabbage Slaw <i>Calories</i> Chop: 378 Slaw: 98 Total: 476 (9B 9G 9P)	Baked Chicken Parmesan with Orzo with Zucchini and Tomato <i>Calories</i> Chicken: 251 Orzo: 144 Total: 395 (7B 9G 7P)	Basil-Parmesan Crusted Salmon with ¾ cup brown rice and Wilted Baby Spinach with Garlic and Oil <i>Calories</i> Salmon: 289 Rice: 164 Spinach: 70 Total: 523 (9B 12G 4P)	ORDER IN!	Turkey Meatloaf with Garlic Mashed Potatoes and Roasted Asparagus <i>Calories</i> Meatloaf: 259 Potatoes: 165 Asparagus: 26 Total: 450 (8B 10G 4P)
Totals	Calories: 892 Freestyle™ SP: 13B 21G 12P	Calories: 928 Freestyle™ SP: 14B 21G 10P	Calories: 961 Freestyle™ SP: 18B 21G 15P	Calories: 878 Freestyle™ SP: 12B 17G 12P	Calories: 1,002 Freestyle™ SP: 21B 26G 16P	Calories: 522 Freestyle™ SP: 12B 13G 10P	Calories: 923 Freestyle™ SP: 19B 22G 14P

Notes	*Save 1 cup marinara for Chicken Parm on Thurs. Freeze any leftover pita you/your family won't eat.						
--------------	---	--	--	--	--	--	--

Skinnytaste Meal Plan (4/27-5/3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	LEFTOVER Banana Nut Bread with a pear <i>Calories</i> Bread: 104 Pear: 96 Total: 200 (4B 5G 5P)	LEFTOVER Banana Nut Bread with a pear <i>Calories</i> Bread: 104 Pear: 96 Total: 200 (4B 5G 5P)	2 scrambled eggs, 1 slice whole grain toast an orange <i>Calories</i> Eggs: 144 Toast: 110 Orange: 64 Total: 306 (3B 7G 3P)	Blueberry Banana Oatmeal Smoothie (recipe x 2) <i>Calories</i> Total: 180 (7B 7G 7P)	2 scrambled eggs, 1 slice whole grain toast and an orange <i>Calories</i> Eggs: 144 Toast: 110 Orange: 64 Total: 306 (3B 7G 3P)	Instant Pot Steel Cut Oats <i>Calories</i> Total: 235 (5B 5G 1P)	LEFTOVER Instant Pot Steel Cut Oats <i>Calories</i> Total: 235 (5B 5G 1P)
Lunch	Fiesta Bean Salad <i>Calories</i> Total: 335 (4B 8G 4P)	LEFTOVER Baked Broccoli Mac & Cheese with 10 baby carrots <i>Calories</i> Mac & Cheese: 315 Carrots: 25 Total: 340 (8B 8G 4P)	Easy Wonton Soup with 1 cup edamame <i>Calories</i> Soup: 136 Edamame: 129 Total: 265 (2B 5G 2P)	6 Triscuits, 6 slices salami, 1 ounce sliced pepper jack cheese and 1 cup grapes <i>Calories</i> Triscuits: 120 Salami: 143 Cheese: 90 Grapes: 104 Total: 457 (10B 10G 10P)	6 Triscuits, 6 slices salami, 1 ounce sliced pepper jack cheese and 1 cup grapes <i>Calories</i> Triscuits: 120 Salami: 143 Cheese: 90 Grapes: 104 Total: 457 (10B 10G 10P)	Cilantro Chicken Salad (recipe x 2) on 1 slice whole grain bread and an apple <i>Calories</i> Salad: 164 Bread: 130 Apple: 94 Total: 388 (4B 6G 4P)	Crustless Broccoli Cheddar Quiche with an orange <i>Calories</i> Quiche: 174 Orange: 64 Total: 238 (4B 6G 4P)
Dinner	Baked Broccoli Mac & Cheese with 10 baby carrots <i>Calories</i> Mac & Cheese: 315 Carrots: 25 Total: 340 (8B 8G 4P)	Crock Pot Santa Fe Chicken with 2 tablespoons shredded cheddar and Chipotle's Cilantro Lime Rice (recipe x 2) <i>Calories</i> Chicken: 183 Cheese: 57 Rice: 194 Total: 434 (8B 12G 8P)	LEFTOVER Crock Pot Santa Fe Chicken with 2 tablespoons shredded cheddar and Chipotle's Cilantro Lime Rice <i>Calories</i> Chicken: 183 0B 4G 0P Cheese: 57 2B 2G 2P Rice: 194 6B 6G 6P Total: 434 (8B 12G 8P)	Turkey Burgers with Zucchini on a whole wheat bun and Air Fryer French Fries (recipe x 4) <i>Calories</i> Burger: 161 Bun: 130 Fries: 176 Total: 467 (12B 12G 8P)	Shrimp, Peas and Rice with sliced cucumbers <i>Calories</i> Shrimp, etc.: 346 Cucumbers: 12 Total: 358 (8B 8G 3P)	ORDER IN!	
							Skinny Tuna Noodle Casserole with 1 cup mixed vegetables <i>Calories</i> Casserole: 318 Vegetables: 95 Total: 413 (7B 8G 4P)

Totals	Calories: 875 Freestyle™ SP: 16B 21G 13P	Calories: 974 Freestyle™ SP: 20B 25G 17P	Calories: 1,005 Freestyle™ SP: 13B 24G 13P	Calories: 1,104 Freestyle™ SP: 29B 29G 25P	Calories: 1,121 Freestyle™ SP: 21B 25G 16P	Calories: 623 Freestyle™ SP: 9B 11G 5P	Calories: 886 Freestyle™ SP: 16B 19G 9P
Notes	.						