

Skinnytaste Meal Plan (3/27/23-4/2/23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	High Protein Oat Waffles* with 2 tablespoons peanut butter and 1 small sliced banana Cals: 402 Pro: 16.5 g Carbs: 42 g Fat: 21 g WW Points: 9	High Protein Oat Waffles with 2 tablespoons peanut butter and 1 small sliced banana Cals: 402 Pro: 16.5 g Carbs: 42 g Fat: 21 g WW Points: 9	High Protein Oat Waffles with 2 tablespoons peanut butter and 1 small sliced banana Cals: 402 Pro: 16.5 g Carbs: 42 g Fat: 21 g WW Points: 9	Pineapple Chia with Cottage Cheese Cals: 295 Pro: 16.5 g Carbs: 38 g Fat: 8.5 g WW Points: 7	Pineapple Chia with Cottage Cheese Cals: 295 Pro: 16.5 g Carbs: 38 g Fat: 8.5 g WW Points: 7	Savory Steel Cut Oatmeal (recipe x 4) Cals: 290 Pro: 21 g Carbs: 26 g Fat: 12 g WW Points: 8	Breakfast Pizza Cals: 271 Pro: 20.5 g Carbs: 27 g Fat: 9 g WW Points: 5
Lunch	Buffalo Chicken Salad Cals: 359 Pro: 30 g Carbs: 4 g Fat: 24 g WW Points: 7	Buffalo Chicken Salad Cals: 359 Pro: 30 g Carbs: 4 g Fat: 24 g WW Points: 7	½ recipe Creamy Shrimp and Celery Salad with ¾ cup cooked quinoa Cals: 380 Pro: 39.5 g Carbs: 35 g Fat: 8.5 g WW Points: 6	½ recipe Creamy Shrimp and Celery Salad with ¾ cup cooked quinoa Cals: 380 Pro: 39.5 g Carbs: 35 g Fat: 8.5 g WW Points: 6	½ recipe Creamy Shrimp and Celery Salad with ¾ cup cooked quinoa Cals: 380 Pro: 39.5 g Carbs: 35 g Fat: 8.5 g WW Points: 6	Pepperoni Pizza Bites** with 8 baby carrots Cals: 314 Pro: 18.5 g Carbs: 36.5 g Fat: 9.5 g WW Points: 7	Open-Faced Tuna Melt Sandwich (recipe x 2) and an apple Cals: 326 Pro: 29 g Carbs: 39.5 g Fat: 7 g WW Points: 5
Dinner	Tofu Poke Bowl (recipe x 2) Cals: 520 Pro: 29 g Carbs: 47 g Fat: 24 g WW Points: 7	Turkey Chili Taco Soup with 2 tablespoons shredded cheddar, 1 tablespoon light sour cream and 1 ounce avocado Cals: 343 Pro: 26 g Carbs: 35 g Fat: 12 g WW Points: 4	LEFTOVER Turkey Chili Taco Soup with 2 tablespoons shredded cheddar, 1 tablespoon light sour cream and 1 ounce avocado Cals: 343 Pro: 26.2 g Carbs: 35.2 g Fat: 12 g WW Points: 4	Chicken Piccata with Baby Pasta Shells with Asparagus and Marinara Sauce Cals: 545 Pro: 41 g Carbs: 63.5 g Fat: 13 g WW Points: 11	Broiled Tilapia Oreganato and Lemon Asparagus Couscous Salad with Tomatoes Cals: 389 Pro: 41.5 g Carbs: 33 g Fat: 11.5 g WW Points: 3	DINNER OUT!	Sweet Potato Turkey Meatloaf with Garlic Mashed Potatoes and Roasted Parmesan Green Beans Cals: 484 Pro: 31.5 g Carbs: 56.5 g Fat: 16.5 g WW Points: 12
Total Daily Calories	Calories: 1,281 WW Points: 23	Calories: 1,104 WW Points: 20	Calories: 1,125 WW Points: 19	Calories: 1,220 WW Points: 24	Calories: 1,064 WW Points: 16	Calories: 604 WW Points: 15	Calories: 1,081 WW Points: 22
Notes	*Can make waffles Sunday night and freeze any leftover, if desired.					**Double dough recipe for breakfast Sunday	

