

Skinnytaste Meal Plan (2/16/26-2/22/26)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	Breakfast Burritos with an orange Cals: 322 Pro: 22 g Carbs: 33 g Fat: 16 g WW Points: 5	Tuna and White Bean Salad Cals: 437 Pro: 38 g Carbs: 39 g Fat: 14 g WW Points: 5	Kung Pao Tofu with ¾ cup brown rice Cals: 407 Pro: 15 g Carbs: 55 g Fat: 13.5 g WW Points: 10	Calories: 1,166 WW Points: 20	
Tuesday	Breakfast Burritos with an orange Cals: 322 Pro: 22 g Carbs: 33 g Fat: 16 g WW Points: 5	Tuna and White Bean Salad Cals: 437 Pro: 38 g Carbs: 39 g Fat: 14 g WW Points: 5	Slow Cooker Chicken Enchilada Stuffed Sweet Potatoes with Black Bean, Avocado, Cucumber Salad Cals: 507 Pro: 37.5 g Carbs: 59.5 g Fat: 14 g WW Points: 5	Calories: 1,266 WW Points: 15	
Wednesday	Breakfast Burritos with ½ a grapefruit Cals: 314 Pro: 22 g Carbs: 31 g Fat: 16 g WW Points: 5	Turkey Club and an apple Cals: 445 Pro: 35 g Carbs: 53.5 g Fat: 11.5 g WW Points: 7	Baked Pasta with Sausage and Spinach and Massaged Raw Kale Salad Cals: 478 Pro: 31.5 g Carbs: 47 g Fat: 18.5 g WW Points: 14	Calories: 1,237 WW Points: 26	
Thursday	Breakfast Burritos with ½ a grapefruit Cals: 314 Pro: 22 g Carbs: 31 g Fat: 16 g WW Points: 5	LEFTOVER Baked Pasta with Sausage and Spinach Cals: 398 Pro: 27.5 g Carbs: 44 g Fat: 12.5 g WW Points: 11	Chicken and Broccoli with ¾ cup brown rice* Cals: 412 Pro: 30 g Carbs: 48.5 g Fat: 10 g WW Points: 8	Calories: 1,124 WW Points: 24	*Make an extra 3 cups rice for dinner Friday
Friday	Air Fryer Breakfast Banana Split Cals: 286 Pro: 15 g Carbs: 41 g Fat: 9 g WW Points: 5	LEFTOVER Baked Pasta with Sausage and Spinach Cals: 398 Pro: 27.5 g Carbs: 44 g Fat: 12.5 g WW Points: 11	Skillet Cajun Spiced Fish with Tomatoes with ¾ cup rice and String Beans with Garlic and Oil Cals: 468 Pro: 38 g Carbs: 53 g Fat: 12 g WW Points: 6	Calories: 1,152 WW Points: 22	
Saturday	Instant Pot Steel Cut Oats Cals: 235 Pro: 7 g Carbs: 50.5 g Fat: 3 g WW Points: 1	Tuna Melt (recipe x 2) with an apple Cals: 231 Pro: 28.5 g Carbs: 14.5 g Fat: 6.5 g WW Points: 5	DINNER OUT!	Calories: 560 WW Points: 6	
Sunday	Potato Cheddar Chive Bake with a kiwi Cals: 352 Pro: 23 g Carbs: 24 g Fat: 18.5 g WW Points: 6	Italian Sub Broccoli Salad Cals: 373 Pro: 21 g Carbs: 20 g Fat: 23.5 g WW Points: 9	Korean Beef Bowls Cals: 394 Pro: 30 g Carbs: 47 g Fat: 9 g WW Points: 13	Calories: 1,119 WW Points: 28	

