

Skinnytaste HIGH PROTEIN Meal Plan (5/5/25-5/11/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	15-Minute Protein Chia Seed Cereal Cals: 318 Pro: 29 g Carbs: 30 g Fat: 10 g WW Points: 5	Asian Chicken Salad with Chili Crisp Dressing Cals: 371 Pro: 26.5 g Carbs: 26.5 g Fat: 19 g WW Points: 6	Slow Cooker Birria Tacos and Grilled Corn Salad with Cotija Cals: 511 Pro: 46.5 g Carbs: 38.5 g Fat: 21 g WW Points: 9	Calories: 1,200 Protein: 102 g WW Points: 20	
Tuesday	High-Protein Zucchini Omelet for One Cals: 283 Pro: 31 g Carbs: 10.5 g Fat: 13 g WW Points: 3	Asian Chicken Salad with Chili Crisp Dressing Cals: 371 Pro: 26.5 g Carbs: 26.5 g Fat: 19 g WW Points: 6	LEFTOVER Slow Cooker Birria Tacos and Grilled Corn Salad with Cotija Cals: 511 Pro: 46.5 g Carbs: 38.5 g Fat: 21 g WW Points: 9	Calories: 1,165 Protein: 104 g WW Points: 18	
Wednesday	15-Minute Protein Chia Seed Cereal Cals: 318 Pro: 29 g Carbs: 30 g Fat: 10 g WW Points: 5	Asian Chicken Salad with Chili Crisp Dressing Cals: 371 Pro: 26.5 g Carbs: 26.5 g Fat: 19 g WW Points: 6	The Best Turkey Meatloaf with Mashed Cauliflower and Blood Orange Salad with Gorgonzola, Pecans and Baby Greens Cals: 605 Pro: 47 g Carbs: 39 g Fat: 30.5g WW Points: 13	Calories: 1,294 Protein: 102.5 g WW Points: 24	
Thursday	High-Protein Zucchini Omelet for One Cals: 283 Pro: 31 g Carbs: 10.5 g Fat: 13 g WW Points: 3	Asian Chicken Salad with Chili Crisp Dressing Cals: 371 Pro: 26.5 g Carbs: 26.5 g Fat: 19 g WW Points: 6	Quick Garlic-Lime Marinated Pork Chops with Black Beans and Rice and 2 ounces avocado Cals: 550 Pro: 45.5 g Carbs: 53.5 g Fat: 16 g WW Points: 8	Calories: 1,204 Protein: 103 g WW Points: 17	
Friday	15-Minute Protein Chia Seed Cereal Cals: 318 Pro: 29 g Carbs: 30 g Fat: 10 g WW Points: 5	Tuna Egg Salad over 2 cups mixed greens Cals: 337 Pro: 32 g Carbs: 6.5 g Fat: 20 g WW Points: 3	Skillet Cajun Spiced Fish with Tomatoes with LEFTOVER Black Beans and Rice and Sauteed Collard Greens with Bacon Cals: 515 Pro: 42.5 g Carbs: 63.5 g Fat: 10.5 g WW Points: 8	Calories: 1,170 Protein: 103.5 g WW Points: 16	
Saturday	Peanut Butter Breakfast Oatmeal Bowl (recipe x 4) Cals: 389 Pro: 11 g Carbs: 60 g Fat: 15 g WW Points: 4	Tuna Poke Salad (recipe x 2) Cals: 404 Pro: 36 g Carbs: 16 g Fat: 23 g WW Points: 5	DINNER OUT!	Calories: 793 Protein: 47 WW Points: 9	
Sunday	Chicken Quiche with 1 cup mixed berries Cals: 391 Pro: 28 g Carbs: 33 g Fat: 17.5 g WW Points: 8	Chilled Italian Shrimp Tortellini Pasta with Golden Beet Salad Cals: 557 Pro: 41.5 g Carbs: 36.5 g Fat: 19.5 g WW Points: 13	Stuffed Pork Tenderloin with Instant Pot Mashed Potatoes and Asparagus with Dijon Vinaigrette Cals: 407 Pro: 36.5 g Carbs: 35.5 g Fat: 16 g WW Points: 5	Calories: 1,355 Protein: 106 g WW Points: 26	

