Skinnytaste Meal Plan (12/11/23-12/17/23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Savory Cottage Cheese Bowl Cals: 221 Pro: 25 g Carbs: 19 g Fat: 8 g WW Points: 3	High Protein Scrambled Eggs with Cottage Cheese (½ recipe) with Pico de Gallo Cals: 210 Pro: 18.5 g Carbs: 9.5 g Fat: 11 g WW Points: 1	High Protein Scrambled Eggs with Cottage Cheese (½ recipe) with Pico de Gallo Cals: 210 Pro: 18.5 g Carbs: 9.5 g Fat: 11 g WW Points: 1	Cinnamon Apple Yogurt Bowls Cals: 283 Pro: 12.5 g Carbs: 40 g Fat: 10 g WW Points: 6	Cinnamon Apple Yogurt Bowls Cals: 283 Pro: 12.5 g Carbs: 40 g Fat: 10 g WW Points: 6	Spinach Ricotta Quiche and an orange Cals: 287 Pro: 13 g Carbs: 31 g Fat: 13 g WW Points: 6	LEFTOVER Spinach Ricotta Quiche and an orange Cals: 287 Pro: 13 g Carbs: 31 g Fat: 13 g WW Points: 6
Lunch	Tuna Egg Salad over 2 cups mixed greens Cals: 337 Pro: 32 g Carbs: 6.5 g Fat: 20 g WW Points: 3	LEFTOVER Easy Black Bean Vegetarian Chili with Spiced Yogurt with 1 ounce avocado and Cheddar Biscuits Cals: 494 Pro: 23 g Carbs: 73 g Fat: 13.5 g WW Points: 9	LEFTOVER Easy Black Bean Vegetarian Chili with Spiced Yogurt with 1 ounce avocado and Cheddar Biscuits Cals: 494 Pro: 23 g Carbs: 73 g Fat: 13.5 g WW Points: 9	Salmon Avocado Salad (½ recipe)* Cals: 329 Pro: 25.5 g Carbs: 12 g Fat: 20.5 g WW Points: 4	Salmon Avocado Salad Cals: 329 Pro: 25.5 g Carbs: 12 g Fat: 20.5 g WW Points: 4	Asian Chicken Chopped Salad Cals: 332 Pro: 24 g Carbs: 23 g Fat: 18 g WW Points: 9	1 ¼ cup Loaded Baked Potato Soup Cals: 250 Pro: 17.5 g Carbs: 29 g Fat: 9 g WW Points: 9
Dinner	Easy Black Bean Vegetarian Chili with Spiced Yogurt with 1 ounce avocado and Cheddar Biscuits Cals: 494 Pro: 23 g Carbs: 73 g Fat: 13.5 g WW Points: 9	Instant Pot Chipotle Chicken Bowls with Cilantro Lime Quinoa Cals: 400 Pro: 29.5 g Carbs: 40 g Fat: 14 g WW Points: 7	Braised Brisket with Potatoes and Carrots and Waffled Vegetable Latkes (recipe x 2) Cals: 498 Pro: 38 g Carbs: 64 g Fat: 9.5 g WW Points: 15	LEFTOVER Braised Brisket with Potatoes and Carrots and Waffled Vegetable Latkes Cals: 498 Pro: 38 g Carbs: 64 g Fat: 9.5 g WW Points: 15	Pineapple Shrimp Fried Rice Cals: 431 Pro: 34.5 g Carbs: 60 g Fat: 5.5 g WW Points: 5	**DINNER OUT!**	Chicken Cassoulet with Sausage and Swiss Chard with 2 ounces multigrain baguette Cals: 547 Pro: 39 g Carbs: 71.5 g Fat: 10.5 g WW Points: 11
Total Daily Calories	**Calories: 1,052 WW Points: 15**	**Calories: 1,104 WW Points: 17**	**Calories: 1,202 WW Points: 25**	**Calories: 1,110 WW Points: 25**	**Calories: 1,043 WW Points: 15**	**Calories: 619 WW Points: 15**	**Calories: 1,084 WW Points: 26**

Notes				*You can cook the salmon Wednesday night, if desired.			