

Skinnytaste Meal Plan (7/7/25-7/13/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	Mushroom Spinach Scrambled Eggs with 1 slice whole grain toast Cals: 381 Pro: 26.5 g Carbs: 32 g Fat: 18.5 g WW Points: 5	Cranberry Chicken Salad on Apple Slices (recipe x 2) Cals: 439 Pro: 36 g Carbs: 30 g Fat: 20 g WW Points: 6	Cottage Cheese Cacio e Pepe with ¼ Golden Beet Salad Cals: 529 Pro: 23 g Carbs: 41 g Fat: 28 g WW Points: 14	Calories: 1,349 WW Points: 25	
Tuesday	Green Smoothie Cals: 253 Pro: 17.5 g Carbs: 38.5 g Fat: 4 g WW Points: 6	Cranberry Chicken Salad on Apple Slices Cals: 439 Pro: 36 g Carbs: 30 g Fat: 20 g WW Points: 6	Grilled Shrimp Tacos with Peach Salsa and Mexican Street Corn Cals: 433 Pro: 31 g Carbs: 60 g Fat: 10 g WW Points: 9	Calories: 1,125 WW Points: 21	
Wednesday	Mushroom Spinach Scrambled Eggs with 1 slice whole grain toast Cals: 381 Pro: 26.5 g Carbs: 32 g Fat: 18.5 g WW Points: 5	Cranberry Chicken Salad on Apple Slices Cals: 439 Pro: 36 g Carbs: 30 g Fat: 20 g WW Points: 6	Ground Beef and Broccoli Stir Fry with ¾ cup brown rice Cals: 491 Pro: 32.5 g Carbs: 60 g Fat: 12 g WW Points: 7	Calories: 1,311 WW Points: 18	
Thursday	Green Smoothie Cals: 253 Pro: 17.5 g Carbs: 38.5 g Fat: 4 g WW Points: 6	Cranberry Chicken Salad on Apple Slices Cals: 439 Pro: 36 g Carbs: 30 g Fat: 20 g WW Points: 6	Juicy Turkey Burgers with Zucchini on a whole wheat bun with 1 leaf lettuce and 2 slices tomato and Air Fryer Sweet Potato Fries (recipe x 2) Cals: 520 Pro: 27.5 g Carbs: 72 g Fat: 14 g WW Points: 6	Calories: 1,212 WW Points: 18	
Friday	Mushroom Spinach Scrambled Eggs with 1 slice whole grain toast Cals: 381 Pro: 26.5 g Carbs: 32 g Fat: 18.5 g WW Points: 5	LEFTOVER Juicy Turkey Burgers with Zucchini on a whole wheat bun with 1 leaf lettuce and 2 slices tomato Cals: 299 Pro: 24.5 g Carbs: 30 g Fat: 4 g WW Points: 4	Grilled Salmon Bruschetta with Avocado and Houston's Couscous Salad Cals: 554 Pro: 42.5 g Carbs: 42 g Fat: 25.5 g WW Points: 8	Calories: 1,234 WW Points: 17	
Saturday	Spinach Ricotta Quiche with Arugula Salad Cals: 321 Pro: 15.5 g Carbs: 17.5 g Fat: 21.5g WW Points: 9	Turkey Club (recipe x 4) with 8 baby carrots Cals: 379 Pro: 35.5 g Carbs: 35 g Fat: 11 g WW Points: 7	DINNER OUT!	Calories: 700 WW Points: 16	
Sunday	LEFTOVER Spinach Ricotta Quiche with 1 cup mixed berries Cals: 303 Pro: 13 g Carbs: 34 g Fat: 13.5 g WW Points: 6	Rainbow Quinoa Salad with Lemon Dressing Cals: 394 Pro: 10.5 g Carbs: 51 g Fat: 17 g WW Points: 10	Grilled Chicken Sandwich with Creamy Cucumber Salad Cals: 466 Pro: 50 g Carbs: 36.5 g Fat: 13 g WW Points: 7	Calories: 1,163 WW Points: 23	

