

Skinnytaste Meal Plan (1/10/22-1/16/22)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Baked Oatmeal Recipe with Pears, Bananas and Walnuts *	LEFTOVER Baked Oatmeal Recipe with Pears, Bananas and Walnuts	LEFTOVER Baked Oatmeal Recipe with Pears, Bananas and Walnuts	Cinnamon Apple Yogurt Bowls	LEFTOVER Cinnamon Apple Yogurt Bowls	Lemon Blueberry Buttermilk Sheet Pan Pancakes with 1 tablespoon maple syrup and ½ a sliced banana	LEFTOVER Lemon Blueberry Buttermilk Sheet Pan Pancakes with 1 tablespoon maple syrup and an orange
	Cals: 225 Pro: 5.5 g Carbs: 39.5 g Fat: 6 g	Cals: 225 Pro: 5.5 g Carbs: 39.5 g Fat: 6 g	Cals: 225 Pro: 5.5 g Carbs: 39.5 g Fat: 6 g	Cals: 283 Pro: 12.5 g Carbs: 40 g Fat: 10 g	Cals: 283 Pro: 12.5 g Carbs: 40 g Fat: 10 g	Cals: 318 Pro: 7.5 g Carbs: 62 g Fat: 5 g	Cals: 328 Pro: 8 g Carbs: 64 g Fat: 5 g
Lunch	Tuna Egg Salad on 1 slice whole grain bread and an orange	Tuna Egg Salad on 1 slice whole grain bread and an orange	Egg Tomato and Scallion Sandwich with an apple	LEFTOVER Kale and Potato Soup with Turkey Sausage with 2 ounces multigrain baguette	LEFTOVER Kale and Potato Soup with Turkey Sausage	Shrimp Egg Rolls with Spicy Garlic Edamame	1 (generous) cup White Bean Caprese Salad
	Cals: 508 Pro: 37 g Carbs: 42.5 g Fat: 23 g	Cals: 508 Pro: 37 g Carbs: 42.5 g Fat: 23 g	Cals: 307 Pro: 14 g Carbs: 46 g Fat: 10 g	Cals: 362 Pro: 24 g Carbs: 57 g Fat: 8 g	Cals: 232 Pro: 19 g Carbs: 31 g Fat: 4 g	Cals: 289 Pro: 21 g Carbs: 30 g Fat: 10 g	Cals: 213 Pro: 12 g Carbs: 27 g Fat: 7 g
Dinner	Spaghetti Squash Crust Pizza (recipe x 2) and a green salad*	Ground Turkey Skillet with Zucchini, Corn, Black Beans and Tomato with Chipotle's Cilantro Lime Rice	Kale and Potato Soup with Turkey Sausage with 2 ounces multigrain baguette	Baked Chicken Breasts with Houston's Couscous Salad	Salmon Coconut Curry with Spinach and Chickpeas over ¾ cup brown rice**	DINNER OUT!	Cheeseburger Crunch Wrap (recipe x 2) with Crispy Air Fryer Sweet Potato Fries (recipe x 2)
	Cals: 411 Pro: 32.5 g Carbs: 33.5 g Fat: 21 g	Cals: 460 Pro: 31 g Carbs: 58 g Fat: 12 g	Cals: 362 Pro: 24 g Carbs: 57 g Fat: 4 g	Cals: 484 Pro: 47 g Carbs: 40 g Fat: 15.5 g	Cals: 617 Pro: 44.5 g Carbs: 57.5 g Fat: 21 g		Cals: 575 Pro: 36 g Carbs: 64 g Fat: 23.5 g
Total Daily Calories	Calories: 1,144	Calories: 1,193	Calories: 894	Calories: 1,129	Calories: 1,132	Calories: 607	Calories: 1,116
Notes	*Make Sunday night if desired and freeze any leftover Baked Oatmeal you/your family won't eat. Green salad includes 6 cups mixed greens, 2 scallions and ½ cup each: tomatoes,				**Make an extra 3 cups of rice for lunch Saturday.		

	carrots, cucumbers, chickpeas with ¼ cup light vinaigrette dressing						
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