

Skinnytaste Meal Plan (11/5-11/11)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Baked Oatmeal with Pumpkin and Bananas* (5) <i>Calories</i> Total: 226 (5)	Baked Oatmeal with Pumpkin and Bananas (5) <i>Calories</i> Total: 226 (5)	Baked Oatmeal with Pumpkin and Bananas (5) <i>Calories</i> Total: 226 (5)	Baked Oatmeal with Pumpkin and Bananas (5) <i>Calories</i> Total: 226 (5)	Greek Yogurt with Berries, Nuts and Honey (5) <i>Calories</i> Total: 251 (5)	Hash Brown Recipe (3) with 2 eggs (0) and an orange (0) <i>Calories</i> Hash Browns: 129 Eggs: 144 Orange: 62 Total: 335 (3)	Asparagus-Pancetta Potato Hash (4) <i>Calories</i> Total: 217 (4)
Lunch	Greek Chickpea Salad* (6) <i>Calories</i> Total: 292 (6)	Greek Chickpea Salad (6) <i>Calories</i> Total: 292 (6)	Greek Chickpea Salad (6) <i>Calories</i> Total: 292 (6)	Greek Chickpea Salad (6) <i>Calories</i> Total: 292 (6)	LEFTOVER Chicken Barley Soup (3) <i>Calories</i> Total: 262 (3)	The Skinny Tuna Melt (4) (Recipe x 2) <i>Calories</i> Total: 231 (4)	Baby Greens with Goat Cheese, Beets and Candied Pecans (9) <i>Calories</i> Total: 267 (9)
Dinner	Loaded Vegetarian Baked Sweet Potato (8) <i>Calories</i> Total: 307 (8)	Turkey Chili Taco Soup (0) with 1 ounce avocado (1) and 2 tablespoons reduced fat cheddar (1) <i>Calories</i> Soup: 225 Avocado: 45 Cheddar: 45 Total: 315 (2)	LEFTOVER Turkey Chili Taco Soup (0) with 1 ounce avocado (1) and 2 tablespoons reduced fat cheddar (1) <i>Calories</i> Soup: 225 Avocado: 45 Cheddar: 45 Total: 315 (2)	Chicken Barley Soup (3) with Chopped Wedge Salad (4) <i>Calories</i> Soup: 262 Salad: 132 Total: 394 (7)	Blackened Scallops with Horseradish Sauce (2) with ¾ cup brown rice (5) and Roasted Parmesan Green Beans (1) <i>Calories</i> Scallops: 184 Rice: 164 Green Beans: 55 Total: 403 (8)	DINNER OUT!	Easy Macaroni Casserole **(5) <i>Calories</i> Total: 338 (5)
Totals	Calories: 825 Freestyle™ SP: 19	Calories: 833 Freestyle™ SP: 13	Calories: 833 Freestyle™ SP: 13	Calories: 912 Freestyle™ SP: 18	Calories: 916 Freestyle™ SP: 16	Calories: 566 Freestyle™ SP: 7	Calories: 822 Freestyle™ SP: 18
Notes	*Prep Sunday night, if desired						**Freeze any leftover you/your family won't eat

