

Skinnytaste Meal Plan (6/22-6/28)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Strawberry Peanut Butter Swirl Smoothie Bowls (½ recipe) <i>Calories</i> Total: 260 (7B 7G 7P)	2 hard-boiled eggs and 1 cup mixed berries <i>Calories</i> Eggs: 144 Berries: 84 Total: 228 (0B 4G 0P)	Strawberry Peanut Butter Swirl Smoothie Bowls (½ recipe) <i>Calories</i> Total: 260 (7B 7G 7P)	2 hard-boiled eggs and 1 cup mixed berries <i>Calories</i> Eggs: 144 Berries: 84 Total: 228 (0B 4G 0P)	Greek Yogurt with Berries, Nuts and Honey <i>Calories</i> Total: 250 (5B 8G 5P)	Spinach Ricotta Quiche with a plum <i>Calories</i> Quiche: 225 Plum: 30 Total: 255 (5B 7G 5P)	LEFTOVER Spinach Ricotta Quiche with a peach <i>Calories</i> Quiche: 225 Peach: 58 Total: 283 (5B 7G 5P)
Lunch	Egg, Tomato and Scallion Sandwich and a peach <i>Calories</i> Sandwich: 213 Peach: 58 Total: 271 (4B 6G 4P)	LEFTOVER Balsamic Roasted Veggie and White Bean Pasta <i>Calories</i> Total: 380 (8B 9G 8P)	LEFTOVER Balsamic Roasted Veggie and White Bean Pasta <i>Calories</i> Total: 380 (8B 9G 8P)	LEFTOVER Cheesy Turkey Meatball Skillet with a green salad <i>Calories</i> Skillet: 356 Salad: 55 Total: 409 (9B 10G 9P)	BLT with Avocado and a plum <i>Calories</i> BLT: 292 Plum: 30 Total: 409 (9B 9G 9P)	Grilled Chicken Avocado and Mango Salad <i>Calories</i> Total: 258 (4B 6G 4P)	Jamaican Beef Patties [#] with Quick Cabbage Slaw <i>Calories</i> Patties: 191 Slaw: 88 Total: 279 (8B 8G 8P)
Dinner	Balsamic Roasted Veggie and White Bean Pasta <i>Calories</i> Total: 380 (8B 9G 8P)	Taco Stuffed Zucchini Boats with Corn, Tomato and Avocado Salad <i>Calories</i> Boats: 269 Salad: 128 Total: 397 (8B 9G 8P)	Cheesy Turkey Meatball Skillet with a green salad* <i>Calories</i> Skillet: 356 Salad: 55 Total: 411 (9B 10G 9P)	Grilled Pesto Chicken Couscous Bowls ** <i>Calories</i> Total: 505 (9B 11G 9P)	Blackened Salmon with Mango Salsa with ¾ cup brown rice and Roasted Asparagus <i>Calories</i> Salmon: 227 Rice: 164 Asparagus: 26 Total: 417 (6B 9G 1P)	ORDER IN!	
Totals	Calories: 911 WW Points: 19B 22G 19P	Calories: 1,005 WW Points: 16B 22G 16P	Calories: 1,051 WW Points: 24B 26G 24P	Calories: 1,144 WW Points: 18B 25G 18P	Calories: 989 WW Points: 20B 26G 15P	Calories: 513 WW Points: 9B 13G 9P	Calories: 893 WW Points: 20B 24G 19P

Notes			*Green salad includes 8 cups mixed greens, ¾ cup each: cherry tomatoes, carrots, cucumber, and 3 scallions with 6 tablespoons light vinaigrette. Set aside 1 serving with dressing on the side for lunch Thurs.	**Grill an extra chicken breast for lunch Saturday.			[#] Freeze any leftover you/your family won't eat.
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