

Skinnytaste Meal Plan (4/28/25-5/4/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	Spinach Feta Frittata with a mango Cals: 295 Pro: 17.5 g Carbs: 36.5 g Fat: 10 g WW Points: 3	Antipasto Salad and a whole grain roll with 2 teaspoons butter Cals: 412 Pro: 20 g Carbs: 36.5 g Fat: 24.5g WW Points: 12	Balsamic Roasted Veggies and White Bean Pasta Cals: 380 Pro: 17 g Carbs: 56 g Fat: 12 g WW Points: 8	Calories: 1,087 WW Points: 23	
Tuesday	Spinach Feta Frittata with a mango Cals: 295 Pro: 17.5 g Carbs: 36.5 g Fat: 10 g WW Points: 3	LEFTOVER Balsamic Roasted Veggies and White Bean Pasta Cals: 380 Pro: 17 g Carbs: 56 g Fat: 12 g WW Points: 8	Chicken Pozole Verde with 1 ounce avocado, 1 tablespoon light sour cream and 12 tortilla chips Cals: 441 Pro: 24 g Carbs: 44 g Fat: 19.5 g WW Points: 9	Calories: 1,116 WW Points: 20	
Wednesday	Spinach Feta Frittata with 1 cup mixed berries Cals: 227 Pro: 17.5 g Carbs: 18.5 g Fat: 9.5 g WW Points: 3	LEFTOVER Chicken Pozole Verde with 1 ounce avocado, 1 tablespoon light sour cream and 12 tortilla chips Cals: 441 Pro: 24 g Carbs: 44 g Fat: 19.5 g WW Points: 9	Turkey Burger with Air Fryer Sweet Potato Fries (recipe x 2) Cals: 572 Pro: 32 g Carbs: 75.5 g Fat: 17 g WW Points: 6	Calories: 1,240 WW Points: 18	
Thursday	Spinach Feta Frittata with 1 cup mixed berries Cals: 227 Pro: 17.5 g Carbs: 18.5 g Fat: 9.5 g WW Points: 3	LEFTOVER Chicken Pozole Verde with 1 ounce avocado, 1 tablespoon light sour cream and 12 tortilla chips Cals: 441 Pro: 24 g Carbs: 44 g Fat: 19.5 g WW Points: 9	Carne en Bistec with ¾ cup rice and Green Beans with Mushrooms Cals: 457 Pro: 32 g Carbs: 57 g Fat: 10.5 g WW Points: 9	Calories: 1,125 WW Points: 21	
Friday	Greek Yogurt with Berries, Nuts and Honey Cals: 250 Pro: 19.5 g Carbs: 35.5 g Fat: 4.5 g WW Points: 6	LEFTOVER Carne en Bistec with ¾ cup rice and Green Beans with Mushrooms Cals: 457 Pro: 32 g Carbs: 57 g Fat: 10.5 g WW Points: 9	Cioppino with Sourdough Bread and Kale and Brussels Sprout Salad * Cals: 502 Pro: 34.5 g Carbs: 49 g Fat: 19 g WW Points: 9	Calories: 1,209 WW Points: 24	*Set aside ½ the salad (with dressing on the side) for lunch Saturday.
Saturday	Easy Bagel ** with 2 tablespoons light cream cheese, 2 ounces lox and 4 red onion rings with 1 cup pineapple Cals: 372 Pro: 23.5 g Carbs: 53 g Fat: 8 g WW Points: 6	Perfect Air Fryer Shrimp with LEFTOVER Kale and Brussels Sprout Salad Cals: 328 Pro: 23.5 g Carbs: 9 g Fat: 22 g WW Points: 7	DINNER OUT!	Calories: 700 WW Points: 13	**Double Bagel dough recipe for lunch Sunday.
Sunday	Green Smoothie Bowls (recipe x 4) Cals: 404 Pro: 9 g Carbs: 74 g Fat: 10.5 g WW Points: 7	Pepperoni Pizza Bites with 8 baby carrots Cals: 314 Pro: 18.5 g Carbs: 37.5 g Fat: 9.5 g WW Points: 7	Southwest Chicken Skillet with Instant Pot Cilantro Lime Rice Cals: 497 Pro: 39 g Carbs: 53.5g Fat: 13.5g WW Points: 7	Calories: 1,215 WW Points: 21	

