

Skinnytaste Meal Plan (2/3/25-2/9/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	Spinach Feta Frittata * with 2 kiwi Cals: 254 Pro: 17.5 g Carbs: 25 g Fat: 9.5 g WW Points: 3	Rosemary Chicken Salad with Avocado and Bacon * Cals: 381 Pro: 29 g Carbs: 12 g Fat: 25 g WW Points: 7	White Bean Scampi with Linguine Cals: 571 Pro: 26.5 g Carbs: 93 g Fat: 9.5 g WW Points: 8	Calories: 1,206 WW Points: 18	*Prep Sunday night if desired
Tuesday	Spinach Feta Frittata with 1 cup strawberries Cals: 216 Pro: 17 g Carbs: 16 g Fat: 9 g WW Points: 3	Rosemary Chicken Salad with Avocado and Bacon Cals: 381 Pro: 29 g Carbs: 12 g Fat: 25 g WW Points: 7	Smash Tacos with Mexican Cauliflower "Rice" Cals: 510 Pro: 34 g Carbs: 42 g Fat: 41.5 g WW Points: 8	Calories: 1,107 WW Points: 18	
Wednesday	Spinach Feta Frittata with 2 kiwi Cals: 254 Pro: 17.5 g Carbs: 25 g Fat: 9.5 g WW Points: 3	Roast Beef Sandwich with Arugula and Shaved Parmesan and 8 baby carrots Cals: 351 Pro: 26.5 g Carbs: 45.5 g Fat: 7 g WW Points: 9	Chicken Tenders with Air Fryer Sweet Potato Fries (recipe x 2) Cals: 434 Pro: 39 g Carbs: 53 g Fat: 7 g WW Points: 4	Calories: 1,039 WW Points: 16	
Thursday	Spinach Feta Frittata with 1 cup strawberries Cals: 216 Pro: 17 g Carbs: 16 g Fat: 9 g WW Points: 3	Roast Beef Sandwich with Arugula and Shaved Parmesan and 8 baby carrots Cals: 351 Pro: 26.5 g Carbs: 45.5 g Fat: 7 g WW Points: 9	Beef Barley Soup with 2 Easy Garlic Knots Cals: 510 Pro: 42 g Carbs: 55 g Fat: 14 g WW Points: 12	Calories: 1,077 WW Points: 24	
Friday	Air Fryer Breakfast Banana Split Cals: 286 Pro: 15 g Carbs: 41 g Fat: 9 g WW Points: 5	LEFTOVER Beef Barley Soup Cals: 336 Pro: 32 g Carbs: 27 g Fat: 11 g WW Points: 8	Air Fryer Salmon with Maple Soy Glaze with ¾ cup brown rice and Roasted Asparagus Cals: 482 Pro: 41 g Carbs: 51.5 g Fat: 12 g WW Points: 7	Calories: 1,104 WW Points: 20	
Saturday	Lemon Blueberry Buttermilk Sheet Pan Pancakes with 1 tablespoon maple syrup and ½ banana (sliced) Cals: 327 Pro: 8 g Carbs: 64 g Fat: 5 g WW Points: 7	Open-Faced Tuna Melt Sandwich (recipe x 2) and an apple Cals: 326 Pro: 29 g Carbs: 39.5 g Fat: 7 g WW Points: 5	DINNER OUT!	Calories: 653 WW Points: 16	
Sunday	LEFTOVER Lemon Blueberry Buttermilk Sheet Pan Pancakes with 1 tablespoon maple syrup and 1 cup mixed berries Cals: 323 Pro: 8.5 g Carbs: 62 g Fat: 5.5 g WW Points: 11	Italian Sub Salad Cals: 298 Pro: 22 g Carbs: 11.5 g Fat: 19 g WW Points: 8	Lemongrass Chicken Noodle Bowls Cals: 541 Pro: 43 g Carbs: 57.5 g Fat: 15 g WW Points: 9	Calories: 1,162 WW Points: 28	

