

Skinnytaste HIGH PROTEIN Meal Plan (12/9/24-12/15/24)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	Chorizo Breakfast Bowls Cals: 429 Pro: 31 g Carbs: 23 g Fat: 24 g WW Points: 7	Buffalo Chicken Salad with 2 tablespoons light blue cheese dressing and ½ cup sliced cucumbers Cals: 419 Pro: 34 g Carbs: 10.5 g Fat: 27 g WW Points: 9	Spaghetti Squash Crust Pizza (recipe x 2) and Arugula Salad Cals: 399 Pro: 31.5 g Carbs: 20 g Fat: 25.5 g WW Points: 12	Calories: 1,247 Protein: 96.5 g WW Points: 28	Prep Breakfast Bowls and Chicken Salad Sunday night, if desired.
Tuesday	Chorizo Breakfast Bowls Cals: 429 Pro: 31 g Carbs: 23 g Fat: 24 g WW Points: 7	Buffalo Chicken Salad with 2 tablespoons light blue cheese dressing and ½ cup sliced cucumbers Cals: 419 Pro: 34 g Carbs: 10.5 g Fat: 27 g WW Points: 9	Crock Pot Picadillo with ¾ cup brown rice* and 2 ounces avocado Cals: 461 Pro: 42.5 g Carbs: 44 g Fat: 18 g WW Points: 10	Calories: 1,309 Protein: 107.5 g WW Points: 26	*Make an extra 2 cups rice for dinner Wednesday.
Wednesday	Chorizo Breakfast Bowls Cals: 429 Pro: 31 g Carbs: 23 g Fat: 24 g WW Points: 7	Chickpea Tuna Salad over 2 cups chopped romaine lettuce and ¼ cup raw almonds Cals: 449 Pro: 34 g Carbs: 45 g Fat: 17 g WW Points: 4	Crock Pot Picadillo Stuffed Peppers (recipe x 2) Cals: 376 Pro: 37 g Carbs: 29.5 g Fat: 13 g WW Points: 10	Calories: 1,254 Protein: 102 g WW Points: 21	
Thursday	Chorizo Breakfast Bowls Cals: 429 Pro: 31 g Carbs: 23 g Fat: 24 g WW Points: 7	Chickpea Tuna Salad over 2 cups chopped romaine lettuce Cals: 289 Pro: 28 g Carbs: 39 g Fat: 2.5 g WW Points: 0	Chicken Parmesan (½ recipe) and Pasta with Roasted Broccoli, Garlic and Oil Cals: 587 Pro: 44.5 g Carbs: 71 g Fat: 20 g WW Points: 13	Calories: 1,299 Protein: 103.5 g WW Points: 20	
Friday	PB + J Yogurt Cals: 258 Pro: 21.5 g Carbs: 25 g Fat: 7.5 g WW Points: 6	LEFTOVER Crock Pot Picadillo Stuffed Peppers and ¼ cup raw almonds Cals: 536 Pro: 43 g Carbs: 35.5 g Fat: 27 g WW Points: 14	Shrimp with Tuscan White Beans, Spinach and Feta and Mediterranean Quinoa Salad Cals: 428 Pro: 37 g Carbs: 37.5 g Fat: 15 g WW Points: 7	Calories: 1,222 Protein: 101.5 g WW Points: 27	
Saturday	Classic Egg Salad on Protein Bagels (recipe x 2) with an orange Cals: 411 Pro: 19.5 g Carbs: 45 g Fat: 16.5 g WW Points: 8	Sesame Crusted Tuna Steak on Arugula Cals: 290 Pro: 36 g Carbs: 16.5 g Fat: 8 g WW Points: 6	DINNER OUT!	Calories: 701 Protein: 55.5 g WW Points: 14	
Sunday	Protein Bagels with 2 tablespoons light cream cheese, 2 ounces smoked salmon and 4 red onion rings Cals: 303 Pro: 21 g Carbs: 33 g Fat: 8.5 g WW Points: 8	Sausage Tortellini Soup Cals: 372 Pro: 29 g Carbs: 34.5 g Fat: 13.5 g WW Points: 9	Air Fryer Breaded Chicken Breast Bites (recipe x 2) Cals: 525 Pro: 56.5 g Carbs: 19 g Fat: 24 g WW Points: 8	Calories: 1,200 Protein: 106.5 g WW Points: 25	

