

Skinnytaste Meal Plan (4/11/22-4/17/22)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cream Cheese-Filled Almond Flour Banana Muffins * with 1 cup mixed berries Cals: 233 Pro: 6 g Carbs: 34.5 g Fat: 9 g	LEFTOVER Cream Cheese-Filled Almond Flour Banana Muffins with 1 cup mixed berries Cals: 233 Pro: 6 g Carbs: 34.5 g Fat: 9 g	LEFTOVER Cream Cheese-Filled Almond Flour Banana Muffins with 1 cup mixed berries Cals: 233 Pro: 6 g Carbs: 34.5 g Fat: 9 g	Savory Cottage Cheese Bowls Cals: 221 Pro: 25 g Carbs: 19 g Fat: 8 g	Savory Cottage Cheese Bowls Cals: 221 Pro: 25 g Carbs: 19 g Fat: 8 g	Banana Nut Pancakes with 1 tablespoon maple syrup Cals: 198 Pro: 7 g Carbs: 35.5 g Fat: 4 g	Crustless Ham and Cheese Quiche Cals: 215 Pro: 20 g Carbs: 5 g Fat: 12.5 g
	Lunch	Protein Egg and Quinoa Salad Jars * Cals: 362 Pro: 15 g Carbs: 29 g Fat: 22 g	LEFTOVER Protein Egg and Quinoa Salad Jars Cals: 362 Pro: 15 g Carbs: 29 g Fat: 22 g	Antipasto Salad Cals: 254 Pro: 16 g Carbs: 19.5 g Fat: 16 g	Salmon Avocado Salad (½ recipe) Cals: 329 Pro: 25.5 g Carbs: 12 g Fat: 20.5 g	LEFTOVER Salmon Avocado Salad Cals: 329 Pro: 25.5 g Carbs: 12 g Fat: 20.5 g	Antipasto Salad (recipe x 4) Cals: 254 Pro: 16 g Carbs: 19.5 g Fat: 16 g
Dinner		Air Fryer Falafel with Tzatziki and Chopped Feta Salad and ½ a whole wheat pita Cals: 400 Pro: 15.5 g Carbs: 45 g Fat: 19 g	Spice Rubbed Grilled Salmon with Black Beans and Corn Cals: 442 Pro: 43.5 g Carbs: 39 g Fat: 13 g	Spinach Stuffed Chicken Breast with Tomato and Feta over 2 cups baby arugula with 2 teaspoons light balsamic vinaigrette Cals: 432 Pro: 45.5 g Carbs: 9 g Fat: 23.5 g	Sheet Pan Turkey Meatloaf and Broccoli with Instant Pot Mashed Potatoes Cals: 477 Pro: 40 g Carbs: 49.5 g Fat: 17 g	Blackened Shrimp and Grits and String Beans with Garlic and Oil Cals: 448 Pro: 34.5 g Carbs: 44.5 g Fat: 15 g	DINNER OUT!
	Total Daily Calories	Calories: 995	Calories: 1,037	Calories: 919	Calories: 1,027	Calories: 917	
Notes							**Adjust ingredients according to your serving size, if necessary.