

Skinnytaste HIGH PROTEIN Meal Plan (6/16/25-6/22/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	Strawberry Banana Smoothie Cals: 415 Pro: 39 g Carbs: 45.5 g Fat: 10.5 g WW Points: 5	Chicken Salad with Lemon and Dill over 2 cups mixed greens with a whole grain roll and 1 tablespoon butter Cals: 420 Pro: 37 g Carbs: 21 g Fat: 20.5 g WW Points: 9	Greek Tofu Bowls (recipe x 2) Cals: 485 Pro: 32 g Carbs: 30 g Fat: 27 g WW Points: 8	Calories: 1,320 Protein: 108 g WW Points: 22	
Tuesday	Breakfast Quesadilla Cals: 345 Pro: 35 g Carbs: 25 g Fat: 18 g WW Points: 8	Chicken Salad with Lemon and Dill over 2 cups mixed greens with a whole grain roll and 1 tablespoon butter Cals: 420 Pro: 37 g Carbs: 21 g Fat: 20.5 g WW Points: 9	Steak Taco Lettuce Wraps and Southwestern Black Bean, Quinoa and Mango Salad Cals: 420 Pro: 31 g Carbs: 34 g Fat: 18 g WW Points: 3	Calories: 1,185 Protein: 103 g WW Points: 20	
Wednesday	Strawberry Banana Smoothie Cals: 415 Pro: 39 g Carbs: 45.5 g Fat: 10.5 g WW Points: 5	Chicken Salad with Lemon and Dill over 2 cups mixed greens with a whole grain roll and 1 tablespoon butter Cals: 420 Pro: 37 g Carbs: 21 g Fat: 20.5 g WW Points: 9	Chicken Scampi Cals: 483 Pro: 47 g Carbs: 42.5 g Fat: 12 g WW Points: 8	Calories: 1,318 Protein: 123 g WW Points: 22	
Thursday	Breakfast Quesadilla Cals: 345 Pro: 35 g Carbs: 25 g Fat: 18 g WW Points: 8	Mayo-less Tuna Pasta Salad with ¼ cup raw almonds Cals: 432 Pro: 30.5 g Carbs: 29 g Fat: 24.5 g WW Points: 9	Grilled Cumin Spiced Pork Tenderloin with Quick Mexican Brown Rice and Mexican-Inspired Grilled Corn Salad with Cotija Cals: 479 Pro: 36 g Carbs: 54 g Fat: 15 g WW Points: 11	Calories: 1,256 Protein: 101.5 g WW Points: 28	
Friday	Strawberry Banana Smoothie Cals: 415 Pro: 39 g Carbs: 45.5 g Fat: 10.5 g WW Points: 5	Mayo-less Tuna Pasta Salad with ¼ cup raw almonds Cals: 432 Pro: 30.5 g Carbs: 29 g Fat: 24.5 g WW Points: 9	Mediterranean Fish Foil Packet (recipe x 2) and Lemon Asparagus Couscous Salad with Tomatoes Cals: 437 Pro: 39 g Carbs: 43 g Fat: 14.5 g WW Points: 7	Calories: 1,284 Protein: 108.5 g WW Points: 21	
Saturday	Bacon Spinach Breakfast Casserole with Gruyere Cheese with 1 cup mixed berries Cals: 354 Pro: 23 g Carbs: 23 g Fat: 19.5 g WW Points: 6	Grilled Chicken Panini with Zucchini, Tomato and Mozzarella (recipe x 2) Cals: 433 Pro: 36 g Carbs: 33.5 g Fat: 17.5 g WW Points: 11	DINNER OUT!		Calories: 787 Protein: 59.5 g WW Points: 17

Sunday	Bacon Spinach Breakfast Casserole with Gruyere Cheese with a peach Cals: 335 Pro: 23.5 g Carbs: 18 g Fat: 19.5 g WW Points: 6	Ahi Tuna Poke Stacks (recipe x 2) Cals: 561 Pro: 48.5 g Carbs: 37.5 g Fat: 24.5 g WW Points: 9	Turkey Meatloaf with Zucchini with Instant Pot Mashed Potato and Easy Broccolini Cals: 460 Pro: 31.5 g Carbs: 47 g Fat: 18.5 g WW Points: 5	Calories: 1,356 Protein: 103.5 g WW Points: 20	
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