

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

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
<b>Monday</b>	<a href="#">English Muffin Breakfast Sandwich</a> (recipe x 2) and a kiwi  Cals: 284 Pro: 19.5 g Carbs: 39.5 g Fat: 10 g WW Points: 5	<a href="#">Antipasto Salad</a> and ¼ cup shelled pistachios  Cals: 427 Pro: 22 g Carbs: 28 g Fat: 30 g WW Points: 11	<a href="#">Lentil Bolognese</a> and <a href="#">Arugula Salad</a>  Cals: 454 Pro: 23 g Carbs: 71 g Fat: 11.5 g WW Points: 9	Calories: 1,165  WW Points: 25	
<b>Tuesday</b>	<a href="#">English Muffin Breakfast Sandwich</a> and a kiwi  Cals: 284 Pro: 19.5 g Carbs: 39.5 g Fat: 10 g WW Points: 5	LEFTOVER <a href="#">Lentil Bolognese</a> with 8 carrot sticks  Cals: 386 Pro: 20 g Carbs: 75 g Fat: 3 g WW Points: 6	<a href="#">Ground Turkey Taco Lettuce Wraps</a> with 2 tablespoons shredded Mexican cheese blend and 1 ounce avocado with <a href="#">Quick and Delicioso Cuban Style Black Beans</a>  Cals: 469 Pro: 40.5 g Carbs: 29 g Fat: 22.5 g WW Points: 5	Calories: 1,139  WW Points: 16	
<b>Wednesday</b>	<a href="#">English Muffin Breakfast Sandwich</a> and ½ grapefruit  Cals: 283 Pro: 19.5 g Carbs: 40 g Fat: 9.5 g WW Points: 5	LEFTOVER <a href="#">Lentil Bolognese</a> with 8 carrot sticks  Cals: 386 Pro: 20 g Carbs: 75 g Fat: 3 g WW Points: 6	<a href="#">Crockpot Sesame Chicken</a> with <a href="#">Cauliflower Rice</a> and <a href="#">Bok Choy Stir Fry</a>  Cals: 413 Pro: 30.5g Carbs: 40 g Fat: 15.5 g WW Points: 7	Calories: 1,082  WW Points: 18	
<b>Thursday</b>	<a href="#">English Muffin Breakfast Sandwich</a> and ½ grapefruit  Cals: 283 Pro: 19.5 g Carbs: 40 g Fat: 9.5 g WW Points: 5	<a href="#">Antipasto Salad</a> and ¼ cup shelled pistachios  Cals: 427 Pro: 22 g Carbs: 28 g Fat: 30 g WW Points: 11	LEFTOVER <a href="#">Crockpot Sesame Chicken</a> with ¾ cup brown rice* and <a href="#">Roasted Broccoli with Smashed Garlic</a>  Cals: 521 Pro: 33 g Carbs: 66.5 g Fat: 15 g WW Points: 9	Calories: 1,231  WW Points: 25	*Make an extra ¾ cup rice for lunch on Fri.
<b>Friday</b>	<a href="#">Air Fryer Breakfast Banana Split</a>  Cals: 286 Pro: 15 g Carbs: 41 g Fat: 9 g WW Points: 5	<a href="#">Spicy Canned Salmon Rice Bowl</a>  Cals: 389 Pro: 25 g Carbs: 39 g Fat: 14 g WW Points: 6	<a href="#">Blackened Shrimp and Grits</a> with <a href="#">Wilted Baby Spinach with Garlic and Oil</a>  Cals: 419 Pro: 36 g Carbs: 40.5 g Fat: 13 g WW Points: 9	Calories: 1,094  WW Points: 20	
<b>Saturday</b>	<a href="#">Savory Steel Cut Oats</a> (recipe x 4)  Cals: 290 Pro: 21 g Carbs: 26 g Fat: 12 g WW Points: 5	<a href="#">Broccoli Cheddar Soup</a> with 2 ounces multigrain baguette  Cals: 372 Pro: 17.5 g Carbs: 50 g Fat: 12.5 g WW Points: 10	<b>DINNER OUT!</b>	Calories: 662  WW Points: 15	
<b>Sunday</b>	<a href="#">Tropical Mango Blueberry Lassi</a> (recipe x 4)  Cals: 215 Pro: 8 g Carbs: 34.5 g Fat: 6 g WW Points: 1	<a href="#">Greek Pasta Salad</a> , <a href="#">Buffalo Wings</a> , and <a href="#">Hot Spinach Artichoke Dip</a> with 12 tortilla chips  Cals: 592 Pro: 31 g Carbs: 49 g Fat: 31.5 g WW Points: 20	<a href="#">Crock Pot Chicken Taco Chili</a> with 2 tablespoons light sour cream, 2 tablespoons shredded cheese and 1 ounce avocado  Cals: 353 Pro: 25.5g Carbs: 33 g Fat: 14 g WW Points: 7	Calories: 1,160  WW Points: 28	

