

**Skinnytaste Meal Plan (2/27/23-3/5/23)**

|           | Monday                                                                                                                   | Tuesday                                                                                                                                     | Wednesday                                                                                                                                                    | Thursday                                                                                                                                                                       | Friday                                                                                                                                                                                      | Saturday                                                                                                                                                                | Sunday                                                                                                                                 |
|-----------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast | 3 <a href="#">Loaded Baked Omelet Muffins</a><br><br>Cals: 248<br>Pro: 21 g<br>Carbs: 4 g<br>Fat: 16.5 g<br>WW Points: 3 | 3 <a href="#">Loaded Baked Omelet Muffins</a><br><br>Cals: 248<br>Pro: 21 g<br>Carbs: 4 g<br>Fat: 16.5 g<br>WW Points: 3                    | 3 <a href="#">Loaded Baked Omelet Muffins</a><br><br>Cals: 248<br>Pro: 21 g<br>Carbs: 4 g<br>Fat: 16.5 g<br>WW Points: 3                                     | 3 <a href="#">Loaded Baked Omelet Muffins</a><br><br>Cals: 248<br>Pro: 21 g<br>Carbs: 4 g<br>Fat: 16.5 g<br>WW Points: 3                                                       | <a href="#">4-Ingredient Flourless Banana Pancakes</a><br><br>Cals: 318<br>Pro: 10 g<br>Carbs: 36 g<br>Fat: 16.5 g<br>WW Points: 4                                                          | <a href="#">Banana Nut Protein Oats</a><br>(recipe x 4)<br><br>Cals: 388<br>Pro: 18.5 g<br>Carbs: 63.5 g<br>Fat: 9 g<br>WW Points: 5                                    | <a href="#">Breakfast BLT Egg Sandwich</a><br>(recipe x 4)<br><br>Cals: 288<br>Pro: 21 g<br>Carbs: 21 g<br>Fat: 14.5 g<br>WW Points: 6 |
|           | Lunch                                                                                                                    | <a href="#">Chickpea Tuna Salad</a> over 2 cups mixed greens<br><br>Cals: 298<br>Pro: 29.5 g<br>Carbs: 40.5 g<br>Fat: 2.5 g<br>WW Points: 0 | <a href="#">Chickpea Tuna Salad</a> over 2 cups mixed greens<br><br>Cals: 298<br>Pro: 29.5 g<br>Carbs: 40.5 g<br>Fat: 2.5 g<br>WW Points: 0                  | LEFTOVER <a href="#">Enchilada Turkey Meatloaf</a> with LEFTOVER <a href="#">Arroz Congri</a><br><br>Cals: 411<br>Pro: 32.5 g<br>Carbs: 39.5 g<br>Fat: 15.5 g<br>WW Points: 11 | LEFTOVER <a href="#">Chicken Divan, Lightened Up</a> with LEFTOVER <a href="#">Instant Pot Mashed Potatoes</a><br><br>Cals: 529<br>Pro: 47 g<br>Carbs: 49 g<br>Fat: 18.5 g<br>WW Points: 11 | <a href="#">Turkey Club Sandwich</a> with 8 carrot sticks<br><br>Cals: 379<br>Pro: 35.5 g<br>Carbs: 35 g<br>Fat: 11.5 g<br>WW Points: 7                                 | <a href="#">Cabbage Soup with Chicken and Pork</a><br><br>Cals: 217<br>Pro: 26.5 g<br>Carbs: 13 g<br>Fat: 5 g<br>WW Points: 4          |
| Dinner    |                                                                                                                          | <a href="#">Spicy Gochuiang Tofu Bowl</a><br>(recipe x 2)<br><br>Cals: 473<br>Pro: 26 g<br>Carbs: 50 g<br>Fat: 19 g<br>WW Points: 9         | <a href="#">Enchilada Turkey Meatloaf</a> with <a href="#">Arroz Congri</a><br><br>Cals: 411<br>Pro: 32.5 g<br>Carbs: 39.5 g<br>Fat: 15.5 g<br>WW Points: 11 | <a href="#">Chicken Divan, Lightened Up</a> with <a href="#">Instant Pot Mashed Potatoes</a><br><br>Cals: 529<br>Pro: 47 g<br>Carbs: 49 g<br>Fat: 18.5 g<br>WW Points: 11      | <a href="#">Pizza Sausage Rolls</a> with a green salad*<br><br>Cals: 410<br>Pro: 26.5 g<br>Carbs: 45.5 g<br>Fat: 14 g<br>WW Points: 9                                                       | <a href="#">Sheet Pan Teriyaki Salmon and Vegetables</a> (recipe x 2) with ¾ cup brown rice<br><br>Cals: 490<br>Pro: 30.5 g<br>Carbs: 51 g<br>Fat: 18 g<br>WW Points: 8 | DINNER OUT!                                                                                                                            |
|           | Total Daily Calories                                                                                                     | Calories: 1,019<br>WW Points: 12                                                                                                            | Calories: 957<br>WW Points: 14                                                                                                                               | Calories: 1,188<br>WW Points: 25                                                                                                                                               | Calories: 1,187<br>WW Points: 23                                                                                                                                                            | Calories: 1,187<br>WW Points: 19                                                                                                                                        |                                                                                                                                        |
| Notes     |                                                                                                                          |                                                                                                                                             |                                                                                                                                                              | *Green salad includes 6 cups mixed greens, 2 scallions, ½ cup each: tomatoes, carrots, cucumbers, chickpeas and ¼ cup light vinaigrette.                                       |                                                                                                                                                                                             |                                                                                                                                                                         |                                                                                                                                        |

