

Skinnytaste Meal Plan (10/16/23-10/22/23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Broccoli and Cheese Egg Muffins and a pear	Broccoli and Cheese Egg Muffins and a pear	Broccoli and Cheese Egg Muffins and 1 cup grapes	Broccoli and Cheese Egg Muffins and 1 cup grapes	Air Fryer Breakfast Banana Split	Cinnamon Apple Yogurt Bowls (recipe x 2)	Crustless Potato Jalapeno Quiche with 1 ounce avocado
	Cals: 262 Pro: 18.5 g Carbs: 30 g Fat: 8.5 g WW Points: 2	Cals: 262 Pro: 18.5 g Carbs: 30 g Fat: 8.5 g WW Points: 2	Cals: 271 Pro: 19 g Carbs: 32.5 g Fat: 8.5 g WW Points: 2	Cals: 271 Pro: 19 g Carbs: 32.5 g Fat: 8.5 g WW Points: 2	Cals: 286 Pro: 15 g Carbs: 41 g Fat: 9 g WW Points: 5	Cals: 283 Pro: 12.5 g Carbs: 40 g Fat: 10 g WW Points: 6	Cals: 252 Pro: 12 g Carbs: 14.5 g Fat: 16.5 g WW Points: 6
Lunch	5-Ingredient Salmon Salad on 1 slice sourdough bread and 8 baby carrots	5-Ingredient Salmon Salad on 1 slice sourdough bread and 8 baby carrots	5-Ingredient Salmon Salad on 1 slice sourdough bread and 8 baby carrots	Buffalo Chicken Salad	Buffalo Chicken Salad	Broccoli Cheddar Soup with 1 small whole grain roll	Open-Faced Tuna Melt Sandwich (recipe x 2) and an orange
	Cals: 262 Pro: 22 g Carbs: 27.5 g Fat: 8 g WW Points: 4	Cals: 262 Pro: 22 g Carbs: 27.5 g Fat: 8 g WW Points: 4	Cals: 262 Pro: 22 g Carbs: 27.5 g Fat: 8 g WW Points: 4	Cals: 359 Pro: 30 g Carbs: 4 g Fat: 24 g WW Points: 7	Cals: 359 Pro: 30 g Carbs: 4 g Fat: 24 g WW Points: 7	Cals: 332 Pro: 16.5 g Carbs: 41 g Fat: 13.5 g WW Points: 9	Cals: 293 Pro: 29.5 g Carbs: 30 g Fat: 6.5 g WW Points: 5
Dinner	Lasagna Roll-Ups with Cottage Cheese and a green salad*	Madison's Favorite Beef Tacos and Quick Black Beans (recipe x 2)	LEFTOVER Madison's Favorite Beef Tacos and Quick Black Beans	Garlic-Ginger Chicken Stir-Fry with ¾ cup brown rice**	Flounder Piccata with ¾ cup brown rice and Roasted Broccoli with Smashed Garlic	DINNER OUT!	Pork Chops with Dijon Herb Sauce with Instant Pot Mashed Potatoes and Parmesan Brussels Sprouts
	Cals: 570 Pro: 37 g Carbs: 67.5 g Fat: 19 g WW Points: 12	Cals: 517 Pro: 37 g Carbs: 44 g Fat: 24 g WW Points: 15	Cals: 517 Pro: 37 g Carbs: 44 g Fat: 24 g WW Points: 15	Cals: 614 Pro: 49 g Carbs: 54 g Fat: 22 g WW Points: 11	Cals: 568 Pro: 44.5 g Carbs: 61.5 g Fat: 16.5 g WW Points: 11		Cals: 485 Pro: 39.5 g Carbs: 40 g Fat: 21 g WW Points: 16
Total Daily Calories	Calories: 1,094 WW Points: 18	Calories: 1,041 WW Points: 21	Calories: 1,050 WW Points: 21	Calories: 1,244 WW Points: 20	Calories: 1,213 WW Points: 23	Calories: 615 WW Points: 15	Calories: 1,030 WW Points: 27
Notes	*Green salad includes 6 cups mixed greens, 2 scallions, ½ cup each: tomatoes, carrots,			**Make an extra 3 cups rice for dinner Friday, if desired			

	cucumbers, chickpeas and ¼ cup light vinaigrette						
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