

Skinnytaste Meal Plan (10/18/21-10/24/21)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Easy Pumpkin Spiced Granola over 1 cup nonfat plain Greek yogurt <i>Cals: 263</i> <i>Pro: 26 g</i> <i>Carbs: 29.5 g</i> <i>Fat: 4.5 g</i> WW Points: 5B 8G 3P	2 hard-boiled eggs with a pear <i>Cals: 240</i> <i>Pro: 13 g</i> <i>Carbs: 26.5 g</i> <i>Fat: 10 g</i> WW Points: 0B 4B 0P	Easy Pumpkin Spiced Granola over 1 cup nonfat plain Greek yogurt <i>Cals: 263</i> <i>Pro: 26 g</i> <i>Carbs: 29.5 g</i> <i>Fat: 4.5 g</i> WW Points: 5B 8G 3P	2 hard-boiled eggs with a pear <i>Cals: 240</i> <i>Pro: 13 g</i> <i>Carbs: 26.5 g</i> <i>Fat: 10 g</i> WW Points: 0B 4B 0P	Easy Pumpkin Spiced Granola over 1 cup nonfat plain Greek yogurt <i>Cals: 263</i> <i>Pro: 26 g</i> <i>Carbs: 29.5 g</i> <i>Fat: 4.5 g</i> WW Points: 5B 8G 3P	Easy Bagel Recipe * with 2 tablespoons whipped cream cheese, sliced cucumbers, tomato and red onion <i>Cals: 238</i> <i>Pro: 12 g</i> <i>Carbs: 37 g</i> <i>Fat: 5 g</i> WW Points: 5B 6G 5P	Bacon Egg and Avocado Breakfast Sandwich <i>Cals: 369</i> <i>Pro: 25 g</i> <i>Carbs: 30 g</i> <i>Fat: 16 g</i> WW Points: 6B 10G 6P
Lunch	Chicken Club Lettuce Wrap Sandwich and an apple <i>Cals: 368</i> <i>Pro: 26.5 g</i> <i>Carbs: 29.5 g</i> <i>Fat: 17.5 g</i> WW Points: 5B 7G 5P	LEFTOVER Easy Black Bean Vegetarian Chili with Spiced Yogurt with 2 tablespoons shredded cheddar and 1 ounce avocado <i>Cals: 366</i> <i>Pro: 18.5 g</i> <i>Carbs: 48.5 g</i> <i>Fat: 13.5 g</i> WW Points: 5B 8G 5P	LEFTOVER Easy Black Bean Vegetarian Chili with Spiced Yogurt with 2 tablespoons shredded cheddar and 1 ounce avocado <i>Cals: 366</i> <i>Pro: 18.5 g</i> <i>Carbs: 48.5 g</i> <i>Fat: 13.5 g</i> WW Points: 5B 8G 5P	Chicken Club Lettuce Wrap Sandwich and an apple <i>Cals: 368</i> <i>Pro: 26.5 g</i> <i>Carbs: 29.5 g</i> <i>Fat: 17.5 g</i> WW Points: 5B 7G 5P	Egg, Tomato and Scallion Sandwich with an apple <i>Cals: 307</i> <i>Pro: 14 g</i> <i>Carbs: 46 g</i> <i>Fat: 10 g</i> WW Points: 4B 6G 4P	Minestrone Soup with Everything Parmesan Crisps (recipe x 2) <i>Cals: 256</i> <i>Pro: 14.5 g</i> <i>Carbs: 33.5 g</i> <i>Fat: 7.5 g</i> WW Points: 4B 6G 4P	LEFTOVER Minestrone Soup with Everything Parmesan Crisps <i>Cals: 256</i> <i>Pro: 14.5 g</i> <i>Carbs: 33.5 g</i> <i>Fat: 14 g</i> WW Points: 4B 6G 4P
Dinner	Easy Black Bean Vegetarian Chili with Spiced Yogurt with 2 tablespoons shredded cheddar and 1 ounce avocado <i>Cals: 366</i> <i>Pro: 18.5 g</i> <i>Carbs: 48.5 g</i> <i>Fat: 13.5 g</i> WW Points: 5B 8G 5P	Shrimp Scampi Tacos with Caesar Salad Slaw <i>Cals: 307</i> <i>Pro: 27 g</i> <i>Carbs: 27 g</i> <i>Fat: 9.5 g</i> WW Points: 6B 10G 6P	Arroz con Pollo, Lightened Up with Roasted Broccoli Rabe with Garlic (recipe x 2) <i>Cals: 482</i> <i>Pro: 34.5 g</i> <i>Carbs: 48.5 g</i> <i>Fat: 15 g</i> WW Points: 11B 11G 11P	LEFTOVER Arroz con Pollo, Lightened Up with Roasted Broccoli Rabe with Garlic <i>Cals: 482</i> <i>Pro: 34.5 g</i> <i>Carbs: 48.5 g</i> <i>Fat: 15 g</i> WW Points: 11B 11G 11P	Naked Salmon Burgers with Sriracha Mayo <i>Cals: 290</i> <i>Pro: 26 g</i> <i>Carbs: 11 g</i> <i>Fat: 15 g</i> WW Points: 3B 7G 3P	DINNER OUT	Spaghetti Squash with Meat Ragu with a Caesar salad** <i>Cals: 272</i> <i>Pro: 21 g</i> <i>Carbs: 24 g</i> <i>Fat: 9 g</i> WW Points: 5B 6G 5P
Daily Totals	Calories: 997 WW Points: 15B 23G 13P	Calories: 913 WW Points: 11B 22G 11P	Calories: 1,111 WW Points: 21G 27G 19P	Calories: 1,090 WW Points: 16B 22G 16P	Calories: 860 WW Points: 12B 21G 10P	Calories: 494 WW Points: 9B 12G 9P	Calories: 897 WW Points: 15B 22G 15P

Notes						*Double dough recipe for breakfast Sunday	**Caesar salad includes with 8 cups chopped romaine, ½ cup LEFTOVER Skinny Caesar Dressing and ¼ cup shredded parmesan cheese
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