

Skinnytaste HIGH PROTEIN Meal Plan (11/3/25-11/9/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	Omelet Tortilla Breakfast Wrap Cals: 315 Pro: 28 g Carbs: 23 g Fat: 17 g WW Points: 8	Chicken Salad with Lemon and Dill on 2 thin slices whole grain bread and an orange Cals: 409 Pro: 38 g Carbs: 43 g Fat: 11 g WW Points: 5	Lasagna Roll Ups with Cottage Cheese and Arugula Salad Cals: 558 Pro: 36 g Carbs: 54 g Fat: 23.5 g WW Points: 14	Calories: 1,282 Protein: 102 g WW Points: 27	
Tuesday	Omelet Tortilla Breakfast Wrap Cals: 315 Pro: 28 g Carbs: 23 g Fat: 17 g WW Points: 8	Chicken Salad with Lemon and Dill on 2 thin slices whole grain bread and an orange Cals: 409 Pro: 38 g Carbs: 43 g Fat: 11 g WW Points: 5	Healthy Cod Fish Tacos with Cilantro Lime Cauliflower Rice Cals: 403 Pro: 37.5 g Carbs: 46 g Fat: 12.5 g WW Points: 6	Calories: 1,127 Protein: 103.5 g WW Points: 19	
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 on 2 thin slices whole grain bread and an orange Cals: 409 Pro: 38 g Carbs: 43 g Fat: 11 g WW Points: 5	Slow Cooker Chili with 2 tablespoons shredded cheddar cheese, 1 ounce avocado and 12 tortilla chips Cals: 571 Pro: 33.5 g Carbs: 60 g Fat: 22 g WW Points: 8	Calories: 1,395 Protein: 110.5 g WW Points: 18	
Thursday	Apple Chia Pudding and Peanut Butter Cals: 373 Pro: 24.5 g Carbs: 46 g Fat: 15 g WW Points: 6	LEFTOVER Slow Cooker Chili with 2 tablespoons shredded cheddar cheese, 1 ounce avocado and 12 tortilla chips Cals: 571 Pro: 33.5 g Carbs: 60 g Fat: 22 g WW Points: 8	Turmeric Roasted Chicken with Sweet Potatoes Cals: 516 Pro: 55.5 g Carbs: 28 g Fat: 18 g WW Points: 3	Calories: 1,460 Protein: 113.5 g WW Points: 17	
Friday	Apple Chia Pudding and Peanut Butter Cals: 373 Pro: 24.5 g Carbs: 46 g Fat: 15 g WW Points: 6	LEFTOVER Slow Cooker Chili with 2 tablespoons shredded cheddar cheese, 1 ounce avocado and 12 tortilla chips Cals: 571 Pro: 33.5 g Carbs: 60 g Fat: 22 g WW Points: 8	Fish with Tomato Sauce, White Wine and Capers (recipe x 2) with Broccoli and Orzo Cals: 430 Pro: 48 g Carbs: 34 g Fat: 9 g WW Points: 7	Calories: 1,374 Protein: 106 g WW Points: 21	
Saturday	Peanut Butter Breakfast Oatmeal (recipe x 4) Cals: 389 Pro: 11 g Carbs: 60 g Fat: 15 g WW Points: 4	Cabbage Soup with Chicken and Pork and a small whole grain roll with 2 teaspoons butter Cals: 375 Pro: 30.5 g Carbs: 30 g Fat: 13.5 g WW Points: 10	DINNER OUT!	Calories: 764 Protein: 41.5 g WW Points: 14	
Sunday	Breakfast Burritos and an orange Cals: 323 Pro: 22 g Carbs: 33.5 g Fat: 16 g WW Points: 5	LEFTOVER Cabbage Soup with Chicken and Pork and a small whole grain roll with 2 teaspoons butter Cals: 375 Pro: 30.5 g Carbs: 30 g Fat: 13.5 g WW Points: 10	Prosciutto Wrapped Stuffed Turkey Tenderloin with Apples and Kale with Instant Pot Mashed Potatoes and Green Beans with Mushrooms Cals: 591 Pro: 54 g Carbs: 49.5 g Fat: 22 g WW Points: 13	Calories: 1,289 Protein: 106.5 g WW Points: 28	

