

Skinnytaste Meal Plan (11/11/24-11/17/24)

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	Turkey Club and an orange Cals: 413 Pro: 36 g Carbs: 44 g Fat: 11.5 g WW Points: 7	Spicy Sriracha Tofu Bowls (recipe x 2) Cals: 453 Pro: 29 g Carbs: 38 g Fat: 20 g WW Points: 6	Calories: 1,181 Protein: 93 g WW Points: 21	Make an extra 2 slices bacon at breakfast for your Turkey Club
Tuesday	Savory Cottage Cheese Bowl Cals: 221 Pro: 25 g Carbs: 19 g Fat: 8 g WW Points: 3	Spicy Tuna Poke Bowl Cals: 397 Pro: 32.5 g Carbs: 33.5 g Fat: 14.5 g WW Points: 7	Chipotle Chicken with Instant Pot Cilantro Lime Rice , Corn Salsa and 1 ounce avocado Cals: 512 Pro: 39.5 g Carbs: 52 g Fat: 15 g WW Points: 11	Calories: 1,130 Protein: 97 g WW Points: 21	
Wednesday	Omelet Tortilla Breakfast Wrap Cals: 315 Pro: 28 g Carbs: 23 g Fat: 17 g WW Points: 8	Spicy Tuna Poke Bowl Cals: 397 Pro: 32.5 g Carbs: 33.5 g Fat: 14.5 g WW Points: 7	Baked Pasta with Sausage and Spinach with Arugula Salad Cals: 494 Pro: 31 g Carbs: 46 g Fat: 21 g WW Points: 14	Calories: 1,206 Protein: 91.5 g WW Points: 29	
Thursday	Savory Cottage Cheese Bowl Cals: 221 Pro: 25 g Carbs: 19 g Fat: 8 g WW Points: 3	LEFTOVER Baked Pasta with Sausage and Spinach Cals: 398 Pro: 27.5 g Carbs: 44 g Fat: 12.5 g WW Points: 11	Air Fryer Steak with Roasted Sweet Potatoes and Roasted Broccoli with Smashed Garlic Cals: 560 Pro: 48 g Carbs: 54.5 g Fat: 19 g WW Points: 12	Calories: 1,179 Protein: 100.5 g WW Points: 26	
Friday	Greek Yogurt with Berries, Nuts and Honey Cals: 250 Pro: 19.5 g Carbs: 35.5 g Fat: 4.5 g WW Points: 6	LEFTOVER Baked Pasta with Sausage and Spinach Cals: 398 Pro: 27.5 g Carbs: 44 g Fat: 12.5 g WW Points: 11	Broiled Fish with Tomato Caper Sauce with ¾ cup brown rice and String Beans with Garlic and Oil Cals: 520 Pro: 43 g Carbs: 45.5 g Fat: 18.5 g WW Points: 9	Calories: 1,168 Protein: 90 g WW Points: 26	
Saturday	Bacon Spinach Breakfast Casserole with Gruyere Cheese with an orange Cals: 338 Pro: 23 g Carbs: 19.5 g Fat: 19 g WW Points: 6	Open-Faced Tuna Melt Sandwich (recipe x 2) and an apple Cals: 326 Pro: 29 g Carbs: 39.5 g Fat: 7 g WW Points: 5	DINNER OUT!	Calories: 664 Protein: 52 g WW Points: 11	
Sunday	LEFTOVER Bacon Spinach Breakfast Casserole with Gruyere Cheese with 1 cup grapes Cals: 380 Pro: 23 g Carbs: 31.5 g Fat: 19 g WW Points: 6	Loaded Baked Potato Soup with 2 ounces multigrain baguette Cals: 330 Pro: 19 g Carbs: 49 g Fat: 7 g WW Points: 10	Whole Roasted Chicken with Lemon and Rosemary and Shaved Brussels Sprouts Salad with Pears and Pomegranate with Potato Leek Soup Cals: 609 Pro: 63.5 g Carbs: 44 g Fat: 19.5 g WW Points: 11	Calories: 1,319 Protein: 105.5 g WW Points: 27	

