

### Skinnytaste HIGH PROTEIN Meal Plan (4/7/25-4/13/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	<a href="#">Carrot Banana Protein Smoothie</a> <b>Cals:</b> 294 <b>Pro:</b> 28.5 g <b>Carbs:</b> 34 g <b>Fat:</b> 6.5 g <b>WW Points:</b> 7	<a href="#">Cranberry Chicken Salad on Apple Slices</a> (recipe x 2) <b>Cals:</b> 439 <b>Pro:</b> 36 g <b>Carbs:</b> 30 g <b>Fat:</b> 20 g <b>WW Points:</b> 6	<a href="#">Air Fryer Peanut Curry Tofu with Gingery Cauliflower Rice</a> (recipe x 2) and 1 cup edamame <b>Cals:</b> 573 <b>Pro:</b> 42.5 g <b>Carbs:</b> 32 g <b>Fat:</b> 34 g <b>WW Points:</b> 7	<b>Calories:</b> 1,306 <b>Protein:</b> 107 g <b>WW Points:</b> 20	
Tuesday	<a href="#">Omelet Tortilla Breakfast Wrap</a> <b>Cals:</b> 315 <b>Pro:</b> 28 g <b>Carbs:</b> 23 g <b>Fat:</b> 17 g <b>WW Points:</b> 8	<a href="#">Cranberry Chicken Salad on Apple Slices</a> <b>Cals:</b> 439 <b>Pro:</b> 36 g <b>Carbs:</b> 30 g <b>Fat:</b> 20 g <b>WW Points:</b> 6	<a href="#">Healthy Cod Fish Tacos</a> with <a href="#">Instant Pot Refried Beans</a> <b>Cals:</b> 392 <b>Pro:</b> 40 g <b>Carbs:</b> 54.5 g <b>Fat:</b> 10 g <b>WW Points:</b> 5	<b>Calories:</b> 1,146 <b>Protein:</b> 104 g <b>WW Points:</b> 19	
Wednesday	<a href="#">Carrot Banana Protein Smoothie</a> <b>Cals:</b> 294 <b>Pro:</b> 28.5 g <b>Carbs:</b> 34 g <b>Fat:</b> 6.5 g <b>WW Points:</b> 7	<a href="#">Cranberry Chicken Salad on Apple Slices</a> <b>Cals:</b> 439 <b>Pro:</b> 36 g <b>Carbs:</b> 30 g <b>Fat:</b> 20 g <b>WW Points:</b> 6	<a href="#">Stuffed Turkey Cheeseburgers</a> with <a href="#">Golden Beet Salad</a> <b>Cals:</b> 500 <b>Pro:</b> 37.5 g <b>Carbs:</b> 28 g <b>Fat:</b> 28 g <b>WW Points:</b> 10	<b>Calories:</b> 1,233 <b>Protein:</b> 102 g <b>WW Points:</b> 23	
Thursday	<a href="#">Omelet Tortilla Breakfast Wrap</a> <b>Cals:</b> 315 <b>Pro:</b> 28 g <b>Carbs:</b> 23 g <b>Fat:</b> 17 g <b>WW Points:</b> 8	<a href="#">Cranberry Chicken Salad on Apple Slices</a> <b>Cals:</b> 439 <b>Pro:</b> 36 g <b>Carbs:</b> 30 g <b>Fat:</b> 20 g <b>WW Points:</b> 6	<a href="#">Pork Tenderloin with Cherry Sauce</a> with <a href="#">Instant Pot Mashed Potatoes</a> and <a href="#">Roasted Prosciutto Wrapped Asparagus</a> <b>Cals:</b> 440 <b>Pro:</b> 44 g <b>Carbs:</b> 48.5g <b>Fat:</b> 9.5 g <b>WW Points:</b> 8	<b>Calories:</b> 1,194 <b>Protein:</b> 108 g <b>WW Points:</b> 22	
Friday	<a href="#">Carrot Banana Protein Smoothie</a> <b>Cals:</b> 294 <b>Pro:</b> 28.5 g <b>Carbs:</b> 34 g <b>Fat:</b> 6.5 g <b>WW Points:</b> 7	LEFTOVER <a href="#">Pork Tenderloin with Cherry Sauce</a> with <a href="#">Instant Pot Mashed Potatoes</a> and 2 cups mixed greens with 2 teaspoons light vinaigrette <b>Cals:</b> 411 <b>Pro:</b> 39 g <b>Carbs:</b> 43 g <b>Fat:</b> 9 g <b>WW Points:</b> 7	<a href="#">Drunken Noodles</a> <b>Cals:</b> 487 <b>Pro:</b> 35 g <b>Carbs:</b> 59.5 g <b>Fat:</b> 11 g <b>WW Points:</b> 3	<b>Calories:</b> 1,192 <b>Protein:</b> 102.5 g <b>WW Points:</b> 17	
Saturday	$\frac{1}{8}$ <a href="#">Breakfast Casserole with Spinach and Sausage</a> <b>Cals:</b> 306 <b>Pro:</b> 27.5 g <b>Carbs:</b> 6 g <b>Fat:</b> 19 g <b>WW Points:</b> 2	<a href="#">Open-Faced Tuna Melt Sandwich</a> (recipe x 2) with an apple <b>Cals:</b> 326 <b>Pro:</b> 29 g <b>Carbs:</b> 39.5g <b>Fat:</b> 7 g <b>WW Points:</b> 5	<b>DINNER OUT!</b>	<b>Calories:</b> 632 <b>Protein:</b> 56.5 g <b>WW Points:</b> 7	
Sunday	LEFTOVER $\frac{1}{8}$ <a href="#">Breakfast Casserole with Spinach and Sausage</a> <b>Cals:</b> 306 <b>Pro:</b> 27.5 g <b>Carbs:</b> 6 g <b>Fat:</b> 19 g <b>WW Points:</b> 2	<a href="#">Mediterranean Octopus Salad</a> <b>Cals:</b> 367 <b>Pro:</b> 47.5 g <b>Carbs:</b> 14.5 g <b>Fat:</b> 12.5 g <b>WW Points:</b> 4	<a href="#">Braised Brisket with Potatoes and Carrots</a> with <a href="#">Mashed Cauliflower</a> and <a href="#">Roasted Broccoli with Smashed Garlic</a> <b>Cals:</b> 479 <b>Pro:</b> 37.5 g <b>Carbs:</b> 50.5 g <b>Fat:</b> 17 g <b>WW Points:</b> 5	<b>Calories:</b> 1,152 <b>Protein:</b> 112.5 g <b>WW Points:</b> 11	

