

Skinnytaste Meal Plan (8/4/25-8/10/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	Breakfast Burrito with peach Cals: 320 Pro: 22.5 g Carbs: 32.5 g Fat: 16.5 g WW Points: 5	Bento Box Turkey Club Roll Ups Cals: 465 Pro: 31 g Carbs: 28 g Fat: 24.5 g WW Points: 10	Three Cheese Zucchini Stuffed Lasagna Rolls with Broccoli Cauliflower Salad and Easy Garlic Knots Cals: 424 Pro: 21 g Carbs: 48.5 g Fat: 16.5 g WW Points: 10	Calories: 1,209 WW Points: 25	
Tuesday	Breakfast Burrito with peach Cals: 320 Pro: 22.5 g Carbs: 32.5 g Fat: 16.5 g WW Points: 5	LEFTOVER Three Cheese Zucchini Stuffed Lasagna Rolls with Broccoli Cauliflower Salad and Easy Garlic Knots Cals: 424 Pro: 21 g Carbs: 48.5 g Fat: 16.5 g WW Points: 10	Chicken Taco Poblano Rice Bowls Cals: 475 Pro: 40.5 g Carbs: 52 g Fat: 12 g WW Points: 8	Calories: 1,219 WW Points: 23	
Wednesday	Breakfast Burrito with plum Cals: 291 Pro: 21.5 g Carbs: 25.5 g Fat: 16 g WW Points: 5	LEFTOVER Three Cheese Zucchini Stuffed Lasagna Rolls with Broccoli Cauliflower Salad and Easy Garlic Knots Cals: 424 Pro: 21 g Carbs: 48.5 g Fat: 16.5 g WW Points: 10	Slow Cooker Pulled Pork with a whole wheat bun and ½ cup Coleslaw and corn on the cob Cals: 469 Pro: 40.5 g Carbs: 61.5 g Fat: 9 g WW Points: 6	Calories: 1,184 WW Points: 21	
Thursday	Breakfast Burrito with plum Cals: 291 Pro: 21.5 g Carbs: 25.5 g Fat: 16 g WW Points: 5	Chickpea Tuna Salad over 2 cups mixed greens with ¼ cup raw almonds Cals: 454 Pro: 35 g Carbs: 44.5 g Fat: 16.5 g WW Points: 4	LEFTOVER Slow Cooker Pulled Pork with Instant Pot Mashed Potatoes and LEFTOVER Coleslaw Cals: 418 Pro: 36.5 g Carbs: 46.5 g Fat: 12 g WW Points: 6	Calories: 1,163 WW Points: 15	
Friday	Green Smoothie Cals: 253 Pro: 17.5 g Carbs: 38.5 g Fat: 4 g WW Points: 6	Chickpea Tuna Salad over 2 cups mixed greens with ¼ cup raw almonds Cals: 454 Pro: 35 g Carbs: 44.5 g Fat: 16.5 g WW Points: 4	Thai Red Curry Swordfish Kabobs with ¾ cup brown rice* and Veggie Kabobs Cals: 484 Pro: 29.5 g Carbs: 61 g Fat: 14 g WW Points: 7	Calories: 1,191 WW Points: 17	*Make an extra 3 cups brown rice for dinner Sunday.
Saturday	Chocolate Zucchini Bread with 1 cup cantaloupe Cals: 244 Pro: 5.5g Carbs: 40.5g Fat: 8 g WW Points: 8	Chicken Salad with Avocado Cals: 255 Pro: 21.5 g Carbs: 10.5 g Fat: 15 g WW Points: 4	DINNER OUT!	Calories: 499 WW Points: 12	
Sunday	LEFTOVER Chocolate Zucchini Bread with 1 cup mixed berries Cals: 269 Pro: 5 g Carbs: 46.5 g Fat: 8.5 g WW Points: 8	1 ½ cups White Bean Salad Cals: 446 Pro: 22 g Carbs: 58 g Fat: 15 g WW Points: 3	Soy Marinated Beef and Broccoli Skewers and Asian Edamame Fried Rice Cals: 401 Pro: 38 g Carbs: 39.5 g Fat: 11 g WW Points: 7	Calories: 1,116 WW Points: 18	

