

Skinnytaste Meal Plan (4/10/23-4/16/23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Insanely Good Blueberry Oatmeal Muffins and ½ cup low fat cottage cheese with ½ cup chopped cantaloupe Cals: 233 Pro: 17.5 g Carbs: 38 g Fat: 5 g WW Points: 6	Insanely Good Blueberry Oatmeal Muffins and ½ cup low fat cottage cheese with ½ cup chopped cantaloupe Cals: 233 Pro: 17.5 g Carbs: 38 g Fat: 5 g WW Points: 6	Insanely Good Blueberry Oatmeal Muffins and ½ cup low fat cottage cheese with ½ cup chopped cantaloupe Cals: 233 Pro: 17.5 g Carbs: 38 g Fat: 5 g WW Points: 6	Insanely Good Blueberry Oatmeal Muffins and ½ cup low fat cottage cheese with ½ cup chopped cantaloupe Cals: 233 Pro: 17.5 g Carbs: 38 g Fat: 5 g WW Points: 6	Air Fryer Breakfast Banana Split Cals: 286 Pro: 15 g Carbs: 41 g Fat: 9 g WW Points: 5	Veggie Ham and Cheese Breakfast Casserole with 1 cup strawberries Cals: 198 Pro: 15 g Carbs: 16 g Fat: 8.5 g WW Points: 3	LEFTOVER Veggie Ham and Cheese Breakfast Casserole with 1 cup strawberries Cals: 198 Pro: 15 g Carbs: 16 g Fat: 8.5 g WW Points: 3
Lunch	Tuna Egg Salad in lettuce cups Cals: 321 Pro: 30.5 g Carbs: 5 g Fat: 20 g WW Points: 3	Tuna Egg Salad in lettuce cups Cals: 321 Pro: 30.5 g Carbs: 5 g Fat: 20 g WW Points: 3	LEFTOVER Enchilada Turkey Meatloaf with Avocado Salad with Citrus Vinaigrette (½ recipe) Cals: 440 Pro: 29 g Carbs: 26 g Fat: 27 g WW Points: 10	LEFTOVER Enchilada Turkey Meatloaf with Avocado Salad with Citrus Vinaigrette Cals: 440 Pro: 29 g Carbs: 26 g Fat: 27 g WW Points: 10	Egg Tomato and Scallion Sandwich with an apple Cals: 308 Pro: 14 g Carbs: 46 g Fat: 10 g WW Points: 4	Italian Sub Broccoli Salad Cals: 373 Pro: 21 g Carbs: 20 g Fat: 23.5 g WW Points: 9	Spicy California Shrimp Stack Cals: 225 Pro: 10 g Carbs: 23 g Fat: 11 g WW Points: 5
Dinner	Veggie Lo Mein Cals: 354 Pro: 13.5 g Carbs: 60.5 g Fat: 9 g WW Points: 9	Enchilada Turkey Meatloaf with Chipotle's Cilantro Lime Rice Cals: 462 Pro: 29 g Carbs: 47.5 g Fat: 16.5 g WW Points: 12	Baked Chicken Parmesan Recipe with 1 cup whole wheat pasta and String Beans with Garlic and Oil (recipe x 2) Cals: 524 Pro: 40.5 g Carbs: 58 g Fat: 18.5 g WW Points: 10	LEFTOVER Baked Chicken Parmesan Recipe with 1 cup whole wheat pasta and String Beans with Garlic and Oil Cals: 524 Pro: 40.5 g Carbs: 58 g Fat: 18.5 g WW Points: 10	Salmon Caesar Salad with Potato Leek Soup Cals: 497 Pro: 46.5 g Carbs: 30 g Fat: 22.5 g WW Points: 8	DINNER OUT!	
Total Daily Calories	Calories: 908 WW Points: 18	Calories: 1,036 WW Points: 21	Calories: 1,197 WW Points: 26	Calories: 1,197 WW Points: 26	Calories: 1,091 WW Points: 17	Calories: 571 WW Points: 12	Calories: 1,019 WW Points: 24

Notes							**Green salad includes 6 cups mixed greens, 2 scallions, ½ cup each: tomatoes, carrots, cucumbers, chickpeas and ¼ cup light vinaigrette
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