

### Skinnytaste Meal Plan (3/31/25-4/6/25)

| Day              | Breakfast                                                                                                                                                                                     | Lunch                                                                                                                                                                          | Dinner                                                                                                                                                                                                                                                                                               | Daily Totals                                       | Notes                                                     |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------|
| <b>Monday</b>    | <a href="#">Berry Cottage Cheese Breakfast Bowl</a><br><br><b>Cals:</b> 232 <b>Pro:</b> 19 g <b>Carbs:</b> 20.5 g <b>Fat:</b> 9.5 g<br><b>WW Points:</b> 4                                    | <a href="#">Pan Bagnat</a> (½ recipe) and an apple<br><br><b>Cals:</b> 403 <b>Pro:</b> 21.5 g <b>Carbs:</b> 54 g <b>Fat:</b> 12 g<br><b>WW Points:</b> 6                       | <a href="#">Sheet Pan Baked Feta with Broccolini, Tomatoes and Chickpeas</a> with 1 cup whole wheat orzo<br><br><b>Cals:</b> 546 <b>Pro:</b> 25 g <b>Carbs:</b> 70 g <b>Fat:</b> 22.5 g<br><b>WW Points:</b> 13                                                                                      | <b>Calories:</b> 1,181<br><br><b>WW Points:</b> 23 |                                                           |
| <b>Tuesday</b>   | <a href="#">Green Smoothie</a><br><br><b>Cals:</b> 253 <b>Pro:</b> 17.5 g <b>Carbs:</b> 38.5 g <b>Fat:</b> 4 g<br><b>WW Points:</b> 6                                                         | <a href="#">Pan Bagnat</a> and an apple<br><br><b>Cals:</b> 403 <b>Pro:</b> 21.5 g <b>Carbs:</b> 54 g <b>Fat:</b> 12 g<br><b>WW Points:</b> 6                                  | <a href="#">Turkey Enchilada Stuffed Poblanos Rellenos</a> with <a href="#">Chipotle's Cilantro Lime Rice</a> and <a href="#">Black Bean, Avocado, Cucumber and Tomato Salad</a> (½ recipe)<br><br><b>Cals:</b> 521 <b>Pro:</b> 28.5 g <b>Carbs:</b> 59 g <b>Fat:</b> 12.5 g<br><b>WW Points:</b> 10 | <b>Calories:</b> 1,177<br><br><b>WW Points:</b> 22 |                                                           |
| <b>Wednesday</b> | <a href="#">Berry Cottage Cheese Breakfast Bowl</a><br><br><b>Cals:</b> 232 <b>Pro:</b> 19 g <b>Carbs:</b> 20.5 g <b>Fat:</b> 9.5 g<br><b>WW Points:</b> 4                                    | <a href="#">Pan Bagnat</a> and an apple<br><br><b>Cals:</b> 403 <b>Pro:</b> 21.5 g <b>Carbs:</b> 54 g <b>Fat:</b> 12 g<br><b>WW Points:</b> 6                                  | <a href="#">Chicken Pasta Primavera</a><br><br><b>Cals:</b> 369 <b>Pro:</b> 30 g <b>Carbs:</b> 48 g <b>Fat:</b> 6.5 g<br><b>WW Points:</b> 7                                                                                                                                                         | <b>Calories:</b> 1,004<br><br><b>WW Points:</b> 17 |                                                           |
| <b>Thursday</b>  | <a href="#">Green Smoothie</a><br><br><b>Cals:</b> 253 <b>Pro:</b> 17.5 g <b>Carbs:</b> 38.5 g <b>Fat:</b> 4 g<br><b>WW Points:</b> 6                                                         | LEFTOVER <a href="#">Chicken Pasta Primavera</a><br><br><b>Cals:</b> 369 <b>Pro:</b> 30 g <b>Carbs:</b> 48 g <b>Fat:</b> 6.5 g<br><b>WW Points:</b> 7                          | <a href="#">Lomo Saltado</a> (recipe x 2) with 2 ounces avocado<br><br><b>Cals:</b> 399 <b>Pro:</b> 29 g <b>Carbs:</b> 33 g <b>Fat:</b> 17 g<br><b>WW Points:</b> 4                                                                                                                                  | <b>Calories:</b> 1,021<br><br><b>WW Points:</b> 17 |                                                           |
| <b>Friday</b>    | <a href="#">Berry Cottage Cheese Breakfast Bowl</a><br><br><b>Cals:</b> 232 <b>Pro:</b> 19 g <b>Carbs:</b> 20.5 g <b>Fat:</b> 9.5 g<br><b>WW Points:</b> 4                                    | LEFTOVER <a href="#">Chicken Pasta Primavera</a><br><br><b>Cals:</b> 369 <b>Pro:</b> 30 g <b>Carbs:</b> 48 g <b>Fat:</b> 6.5 g<br><b>WW Points:</b> 7                          | <a href="#">Slow Roasted Salmon</a> with ¾ cup brown rice* and <a href="#">Charred Sugar Snap Peas</a><br><br><b>Cals:</b> 522 <b>Pro:</b> 29.5 g <b>Carbs:</b> 48 g <b>Fat:</b> 17.5 g<br><b>WW Points:</b> 8                                                                                       | <b>Calories:</b> 1,123<br><br><b>WW Points:</b> 19 | *Make an extra 1 ½ cup rice for lunch Sunday, if desired. |
| <b>Saturday</b>  | <a href="#">Asparagus and Swiss Cheese Frittata</a><br><br><b>Cals:</b> 243 <b>Pro:</b> 19 g <b>Carbs:</b> 9 g <b>Fat:</b> 15 g<br><b>WW Points:</b> 3                                        | <a href="#">Italian Sub Salad</a><br><br><b>Cals:</b> 298 <b>Pro:</b> 22 g <b>Carbs:</b> 11.5 g <b>Fat:</b> 19 g<br><b>WW Points:</b> 8                                        | <b>DINNER OUT!</b>                                                                                                                                                                                                                                                                                   | <b>Calories:</b> 541<br><br><b>WW Points:</b> 11   |                                                           |
| <b>Sunday</b>    | <a href="#">Babka-Inspired Bagels</a> with 2 tablespoons whipped cream cheese and an orange<br><b>Cals:</b> 290 <b>Pro:</b> 7.5 g <b>Carbs:</b> 46.5 g <b>Fat:</b> 9 g<br><b>WW Points:</b> 9 | <a href="#">Spicy California Shrimp Stack</a> with 1 cup steamed edamame<br><br><b>Cals:</b> 345 <b>Pro:</b> 22.5 g <b>Carbs:</b> 31 g <b>Fat:</b> 16 g<br><b>WW Points:</b> 5 | <a href="#">Crock Pot Italian Sloppy Joes</a> with <a href="#">Parmesan Brussels Sprouts</a><br><br><b>Cals:</b> 524 <b>Pro:</b> 29.5 g <b>Carbs:</b> 50.5 g <b>Fat:</b> 25 g<br><b>WW Points:</b> 14                                                                                                | <b>Calories:</b> 1,160<br><br><b>WW Points:</b> 28 |                                                           |

