

Skinnytaste Meal Plan (1/11-1/17)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Greek Yogurt with Berries, Nuts and Honey <i>Calories</i> Total: 250 (5B 8G 5P)	Avocado toast with 1 slice whole grain bread, 2 ounces avocado, 1 sliced hard-boiled egg and an apple <i>Calories</i> Bread: 110 Avocado: 90 Egg: 72 Apple: 94 Total: 366 (6B 8G 6P)	Open-Faced Omelet with Avocado and Pico de Gallo and an orange <i>Calories</i> Omelet: 140 Orange: 62 Total: 202 (1B 3G 1P)	Avocado toast with 1 slice whole grain bread, 2 ounces avocado, 1 sliced hard-boiled egg and an apple <i>Calories</i> Bread: 110 Avocado: 90 Egg: 72 Apple: 92 Total: 364 (6B 8G 6P)	Greek Yogurt with Berries, Nuts and Honey <i>Calories</i> Total: 250 (5B 8G 5P)	Crustless Quiche Lorraine with 1 ½ cups mixed greens and 1 tablespoon light vinaigrette <i>Calories</i> Quiche: 205 Greens/Dressing: 36 Total: 241 (6B 8G 6P)	Breakfast Egg Rolls with an orange <i>Calories</i> Rolls: 240 Orange: 62 Total: 302 (4B 6G 4P)
Lunch	BLT with Avocado and an orange <i>Calories</i> BLT: 292 Orange: 62 Total: 354 (9B 9G 9P)	LEFTOVER Lebanese Lentil Soup with a whole wheat pita <i>Calories</i> Soup: 260 Pita: 150 Total: 410	Meal Prep Greek Chicken Rice Bowls (½ recipe) <i>Calories</i> Total: 418 (10B 13G 4P)	Meal Prep Greek Chicken Rice Bowls <i>Calories</i> Total: 418 (10B 13G 4P)	BLT with Avocado and an orange <i>Calories</i> BLT: 292 Orange: 62 Total: 354 (9B 9G 9P)	Quick Beef Chili with 2 tablespoons shredded cheddar and 1 tablespoon sour cream <i>Calories</i> Chili: 312 Cheese: 57 Sour Cream: 28 Total: 397 (7B 9G 7P)	Open-Faced Tuna Melt Sandwich (recipe x 2) with an apple <i>Calories</i> Sandwich: 231 Apple: 94 Total: 325 (4B 5G 4P)
Dinner	Lebanese Lentil Soup * with a whole wheat pita <i>Calories</i> Soup: 260 Pita: 150 Total: 410 (6B 10G 5P)	Turkey Taco Lettuce Wraps with 2 tablespoons shredded cheddar <i>Calories</i> Wraps: 255 Cheese: 57 Total: 312 (2B 7G 7P)	Broccoli Beef with ¾ cup brown rice <i>Calories</i> Beef/Broccoli: 315 Rice: 164 Total: 479 (12B 12G 7P)	Drunken Shrimp with 2 ounces multigrain baguette and Easy Garlic Broccolini <i>Calories</i> Shrimp: 175 Baguette: 130 Broccolini: 43 Total: 348 (6B 8G 6P)	Salmon Coconut Curry with Spinach and Chickpeas <i>Calories</i> Total: 453 (4B 12G 4P)	ORDER IN!	Spinach Stuffed Chicken Breasts with Tomato and Feta with a green salad** <i>Calories</i> Chicken: 407 Salad: 57 Total: 464 (7B 9G 7P)
Totals	Calories: 1,014 WW Points: 20B 27G 19P	Calories: 1,088 WW Points: 14B 25G 18P	Calories: 1,099 WW Points: 23B 28G 12P	Calories: 1,132 WW Points: 22B 29G 16P	Calories: 1,057 WW Points: 18B 29G 18P	Calories: 638 WW Points: 13B 17G 13P	Calories: 1,091 WW Points: 15B 20G 15P

Notes	*Freeze any leftover soup you/your family won't eat.						**Green salad includes 6 cups mixed greens, 2 scallions, ½ cup each: tomatoes, cucumber, carrots and ¼ cup light vinaigrette.
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