

**Skinnytaste Meal Plan (11/7/22-11/13/22)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<a href="#">Apple Pie Overnight Oats</a> with ½ cup yogurt  Cals: 421 Pro: 20 g Carbs: 62.5 g Fat: 11 g	LEFTOVER <a href="#">Apple Pie Overnight Oats</a> with ½ cup yogurt  Cals: 421 Pro: 20 g Carbs: 62.5 g Fat: 11 g	<a href="#">Classic Egg Salad</a> on 2 ounces sourdough bread and ½ a grapefruit  Cals: 378 Pro: 16.5 g Carbs: 40.5 g Fat: 17.5 g	LEFTOVER <a href="#">Classic Egg Salad</a> on 2 ounces sourdough bread and ½ a grapefruit  Cals: 378 Pro: 16.5 g Carbs: 40.5 g Fat: 17.5 g	LEFTOVER <a href="#">Classic Egg Salad</a> on 2 ounces sourdough bread and an orange  Cals: 399 Pro: 16.5 g Carbs: 45.5 g Fat: 17 g	<a href="#">Spinach Ricotta Quiche</a> with 2 cups mixed greens with 1 tablespoon light vinaigrette  Cals: 273 Pro: 14.5 g Carbs: 21 g Fat: 15 g	LEFTOVER <a href="#">Spinach Ricotta Quiche</a> with an orange  Cals: 312 Pro: 15.5 g Carbs: 35 g Fat: 13 g
<b>Lunch</b>	<a href="#">Updated Waldorf Salad Cups</a>  Cals: 341 Pro: 27 g Carbs: 18 g Fat: 18 g	LEFTOVER <a href="#">Updated Waldorf Salad Cups</a>  Cals: 341 Pro: 27 g Carbs: 18 g Fat: 18 g	LEFTOVER <a href="#">One Pot Cheesy Turkey Taco Chili Mac</a>  Cals: 341 Pro: 24 g Carbs: 40 g Fat: 9 g	LEFTOVER <a href="#">One Pot Cheesy Turkey Taco Chili Mac</a>  Cals: 341 Pro: 24 g Carbs: 40 g Fat: 9 g	LEFTOVER <a href="#">Healing Turmeric Chicken Noodle Soup</a>  Cals: 386 Pro: 27.5 g Carbs: 56 g Fat: 3.5 g	<a href="#">BLT with Avocado</a> (recipe x 4)  Cals: 292 Pro: 14 g Carbs: 34 g Fat: 13 g	<a href="#">Harvest Kale Salad with Roasted Winter Squash</a> (recipe x 2)  Cals: 329 Pro: 8 g Carbs: 45 g Fat: 16.5 g
<b>Dinner</b>	<a href="#">Tofu Tacos with Potatoes and Jalapeños</a>  Cals: 444 Pro: 16 g Carbs: 44 g Fat: 24 g	<a href="#">One Pot Cheesy Turkey Taco Chili Mac</a>  Cals: 341 Pro: 24 g Carbs: 40 g Fat: 9 g	<a href="#">Spicy Pork Brussels Bowls</a> over ½ cup brown rice  Cals: 390 Pro: 37.5 g Carbs: 38 g Fat: 11 g	<a href="#">Healing Turmeric Chicken Noodle Soup</a>  Cals: 386 Pro: 27.5 g Carbs: 56 g Fat: 3.5 g	<a href="#">Shrimp, Peas and Rice</a> with <a href="#">Roasted Parmesan Green Beans</a>  Cals: 401 Pro: 31 g Carbs: 42.5 g Fat: 11 g	<b>DINNER OUT!</b>	
<b>Total Daily Calories</b>	<b>Calories: 1,206</b>	<b>Calories: 1,103</b>	<b>Calories: 1,109</b>	<b>Calories: 1,105</b>	<b>Calories: 1,186</b>	<b>Calories: 565</b>	<b>Calories: 1,241</b>
<b>Notes</b>							

