

Skinnytaste HIGH PROTEIN Meal Plan (7/14/25-7/20/25)

Day	Breakfast	Lunch	Dinner	Daily Totals	Notes
Monday	¼ Smoked Turkey Breakfast Skillet with 1 cup mixed berries Cals: 504 Pro: 35 g Carbs: 26.5 g Fat: 29 g WW Points: 6	Chopped Salad with Shrimp, Blue Cheese and Bacon with a small whole grain roll Cals: 458 Pro: 39 g Carbs: 31.5 g Fat: 20 g WW Points: 9	Tofu Poke Bowl (recipe x 2) Cals: 520 Pro: 29 g Carbs: 47 g Fat: 24 g WW Points: 7	Calories: 1,482 Protein: 103 g WW Points: 22	
Tuesday	¼ Smoked Turkey Breakfast Skillet with 1 cup mixed berries Cals: 504 Pro: 35 g Carbs: 26.5 g Fat: 29 g WW Points: 6	Chopped Salad with Shrimp, Blue Cheese and Bacon with a small whole grain roll Cals: 458 Pro: 39 g Carbs: 31.5 g Fat: 20 g WW Points: 9	Ropa Vieja with Black Beans and Rice and 1 ounce avocado Cals: 631 Pro: 42 g Carbs: 60.5 g Fat: 21.5 g WW Points: 9	Calories: 1,593 Protein: 116 g WW Points: 24	
Wednesday	¼ Smoked Turkey Breakfast Skillet with 1 cup cherries Cals: 513 Pro: 35.5 g Carbs: 30 g Fat: 28 g WW Points: 6	LEFTOVER Ropa Vieja with Black Beans and Rice and 1 ounce avocado Cals: 631 Pro: 42 g Carbs: 60.5 g Fat: 21.5 g WW Points: 9	Air Fryer Greek Chicken (recipe x 2) Cals: 414 Pro: 45 g Carbs: 18.5 g Fat: 18 g WW Points: 5	Calories: 1,558 Protein: 122.5 g WW Points: 20	
Thursday	¼ Smoked Turkey Breakfast Skillet with 1 cup cherries Cals: 513 Pro: 35.5 g Carbs: 30 g Fat: 28 g WW Points: 6	LEFTOVER Ropa Vieja with Black Beans and Rice and 1 ounce avocado Cals: 631 Pro: 42 g Carbs: 60.5 g Fat: 21.5 g WW Points: 9	Sheet Pan Turkey Meatloaf and Broccoli Cals: 335 Pro: 35 g Carbs: 22.5 g Fat: 13 g WW Points: 4	Calories: 1,479 Protein: 112.5 g WW Points: 19	
Friday	Whipped Cottage Cheese Bowls (½ recipe) Cals: 328 Pro: 32.5 g Carbs: 45.5 g Fat: 10 g WW Points: 6	Tuna Poke Salad (½ recipe) Cals: 404 Pro: 36 g Carbs: 16 g Fat: 23 g WW Points: 5	Shrimp Foil Packets (recipe x 2) and Orzo with Zucchini and Tomato Cals: 444 Pro: 33.5 g Carbs: 34 g Fat: 19.5g WW Points: 10	Calories: 1,176 Protein: 102 g WW Points: 21	
Saturday	Classic Egg Salad on 1 slice sourdough bread with a peach Cals: 339 Pro: 15 g Carbs: 33.5 g Fat: 17 g WW Points: 6	Air Fryer Chicken Bites with Panzanella (½ recipe) Cals: 337 Pro: 41.5 g Carbs: 18.5 g Fat: 10.5 g WW Points: 3	DINNER OUT!	Calories: 676 Protein: 56.5 g WW Points: 9	
Sunday	Carrot Banana Protein Smoothie (recipe x 4) Cals: 294 Pro: 28.5 g Carbs: 34 g Fat: 6.5 g WW Points: 7	LEFTOVER Air Fryer Chicken Bites with Chopped Wedge Salad Cals: 365 Pro: 48.5 g Carbs: 6.5g Fat: 15.5 g WW Points: 3	Juicy Grilled Pork Chops and Macaroni Salad with Tomatoes and Grilled Asparagus Cals: 454 Pro: 45.5 g Carbs: 28.5g Fat: 18 g WW Points: 5	Calories: 1,113 Protein: 122.5 g WW Points: 15	

