**Weight Watchers Weekly Meal Plan – Week of 8/5/19**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **B R E A K F A S T** | 1 Cup of Cream of Wheat + ¼ Cup of Skim Milk (4 Points)  Banana | [**Pumpkin Breakfast Casserole**](https://deedeedoes.com/weight-watchers-freestyle-0-point-breakfast-recipes/) (0 Points)  Orange | 1 Cup of Fat Free Cottage Cheese with Watermelon Chunks (3 Points) | [**Puffy Persian Omelet**](https://deedeedoes.com/5-day-meal-plan-weight-watchers-freestyle-0-point-foods/)  (0 Points)  Grapes | 2 Rice Cakes w/ Walden Farms Sugar Free Raspberry Spread and 1 Tablespoon of Whipped Butter (4 Points)  Honeydew Chunks | 1 Cup of Banana Nut Cheerios with 1/2 Cup of Skim Milk (7 Points) | [**Cheesy Canadian Baked Eggs**](https://deedeedoes.com/7-day-weight-watchers-freestyle-meal-menu-plan-using-0-point-foods/) (0 Points)  Banana |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **S N A C K** | Premier Protein Vanilla Shake\* (2 Points) | Premier Protein Vanilla Shake\* (2 Points) | Premier Protein Vanilla Shake\* (2 Points) | Premier Protein Vanilla Shake\* (2 Points) | Premier Protein Vanilla Shake\* (2 Points) | Premier Protein Vanilla Shake\* (2 Points) | Premier Protein Vanilla Shake\* (2 Points**)** |
|  | [**Turkey Meatball Sub on Ciabatta Roll**](https://deedeedoes.com/weight-watchers-freestyle-weekly-menu-weight-loss-week-1-7-19/) (4 Points) | [**Mexican Cucumber Salad with Tuna**](https://deedeedoes.com/new-3-day-menu-using-0-point-weight-watchers-freestyle-foods/) (0 Points) | [**Creamy Chicken Fettucine Soup**](https://deedeedoes.com/weight-watchers-freestyle-weekly-menu-weight-loss-week-1-7-19/) (3 Points) | |  | | --- | | [**Creamy Chicken Fettucine Soup**](https://deedeedoes.com/weight-watchers-freestyle-weekly-menu-weight-loss-week-1-7-19/) (3 Points) | | Points) | | 1/2 of a Subway Footlong Veggie Delite on 9 Grain Wheat (6 Points) | |  | | --- | | 1/2 of a Subway Footlong Veggie Delite on 9 Grain Wheat (6 Points) | | On 9 Grain Wheat (6 Points) | | [**Caribbean Black Bean Soup**](https://deedeedoes.com/week-38-weight-watchers-freestyle-diet-plan-menu-week-9-28-18/) (0 Points) with 2 oz of Avocado (3 Points) |
| **L U N C H** | **+ Mt. Olive Sugar Free Bread & Butter Pickles** (0 Points) |  |  |  |  |  |  |
| **S N A C K** | Sugar Free Chai Tea made with 1 cup of Skim Milk (3 Points) | Sugar Free Chai Tea made with 1 cup of Skim Milk (3 Points) | Sugar Free Chai Tea made with 1 cup of Skim Milk (3 Points) | Sugar Free Chai Tea made with 1 cup of Skim Milk (3 Points) | Sugar Free Chai Tea made with 1 cup of Skim Milk (3 Points) | Sugar Free Chai Tea made with 1 cup of Skim Milk (3 Points) | Sugar Free Chai Tea made with 1 cup of Skim Milk (3 Points) |
|  |  |  |  |  |  |  |  |
| **D I N N E R** | [**Cheesy Chicken Tomato Bake**](https://deedeedoes.com/week-38-weight-watchers-freestyle-diet-plan-menu-week-9-28-18/) (1 Point), Corn on Cob (0 Points) | [**Shrimp in Enchilada Sauce over Cauliflower Rice** (0 Points)](https://deedeedoes.com/july-4th-weight-watchers-freestyle-0-point-menu-recipes/) | [**Spanish Hamburger Skillet**](https://deedeedoes.com/printable-weight-watchers-freestyle-recipes-week-5-roundup/) (0 Points) | [**Shrimp & Broccoli in Garlic Sauce**](https://deedeedoes.com/week-14-weight-watchers-freestyle-diet-plan-menu-week-4-2-18/) over Cauliflower Rice (0 Points) | DINNER OUT | [**Slow Cooker Spicy Chicken Fajitas**](https://deedeedoes.com/weight-watchers-freestyle-slow-cooker-chicken-recipes-low-fat-recipes/) over 1/2 Cup of Orzo (3 Points), Broccoli (0 Points) | [**Stuffed Shells Bolognese**](https://deedeedoes.com/weight-watchers-freestyle-weekly-meal-plan-week-1-21-19/) (7 Points) |
|  |  |  |  |  |  |  |  |
| **D E S S E R T** | Angel Food Cake with [**0 Point Berrylicious Sauce**](https://deedeedoes.com/weight-watchers-low-point-freestyle-diet-plan-weight-loss-menu/) (4 Points) | Biena Sea Salt Chickpea Snacks (2 Pouches) (6 Points) | Weight Watchers Giant Fudge Bar (4 Points) | Angel Food Cake with [**0 Point Berrylicious Sauce**](https://deedeedoes.com/weight-watchers-low-point-freestyle-diet-plan-weight-loss-menu/) (4 Points) | Weight Watchers Giant Fudge Bar (4 Points) | [**Candied Grapes**](https://deedeedoes.com/july-4th-weight-watchers-freestyle-0-point-menu-recipes/) (0 Points) | 2 Sugar Free/Fat Free Dulce De Leche Pudding (4 Points), 13**Lily’s Chocolate Chips** (0 Points) |
|  |  |  |  |  |  |  |  |