**Weight Watchers Weekly Meal Plan – Week of 9/2/19**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **B R E A K F A S T** | **B**[**acon and Feta Baked Eggs**](https://deedeedoes.com/weight-watchers-freestyle-weekly-menu-weight-loss/)(2 Points), Cantaloupe | Light English Muffin (Thomas' MultiGrain) with Butter Spray (3 Points), Cantaloupe | [**Pineapple Chunks Drenched in Vanilla Custard Sauce**](https://deedeedoes.com/weight-watchers-freestyle-weekly-menu-healthy-recipes/) (1 Point) | Same as yesterday (1 Point) with 2 Hardboiled Eggs (0 Points) | Light English Muffin (Thomas' MultiGrain) with Butter Spray (3 Points), Honeydew | 2 Cups of Puffed Wheat, 1/2 Cup of Skim Milk with Strawberries (4 Points) | 2 Sunny Side Up Eggs with 2 Slices of Nature’s Own Butterbread (3 Points),Honeydew |
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| **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**)** |
| **L U N C H** | Huge salad with Roasted Skinless Chicken Cutlets, Black Beans, Corn, Cucumber, Tomato, Red Onion with[**Olive Garden Light Salad Dressing**](https://amzn.to/2CFeEay)(3 Points) | (2) cans of Solid White Tuna with Onion, Jalapeno and Celery (0 Points), (2) Tablespoons of Light Mayonnaise (3 Points) on Toasted Butter Bread (3 Points), [**Southern Peach Tea**](https://deedeedoes.com/weight-watchers-freestyle-weekly-23-point-meal-plan-week-4-8-19/) (0 Points) | [**2 Cups of Chicken Avgolemono Soup**](https://deedeedoes.com/week-33-weight-watchers-freestyle-diet-plan-menu-week-8-20-18/) (2 Points) | |  | | --- | | [**Spinach & Portobello Mushroom Frittata**](https://deedeedoes.com/weight-watchers-freestyle-under-23-point-menu/)  (2 Points) | |  | | [**Freestylin’ Cape Cod Chopped Salad**](https://deedeedoes.com/barefoot-contessas-recipes-remade-weight-watchers-freestyle-way/)(4 Points) | |  | | --- | | Massive Garden Salad with Tuna, Garbanzo Beans, Onion, Tomato, Cucumbers, Green & Red Pepper and 1/4 Cup of Athenos Fat Free Feta Cheese (0 Points), 4 Tablespoons of Olive Garden Light Dressing (3 Points) | |  | | [**Paula Deen's Baked Macaroni & Cheese**](https://deedeedoes.com/paula-deens-comfort-food-recipes-remade-weight-watchers-freestyle/) (2 Points) |
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| **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) |
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| **D I N N E R** | [**Sweet Potato & Black Bean Tortillas**](https://deedeedoes.com/weight-watchers-freestyle-weekly-menu-healthy-recipes/) (7 Points) | 8 ounces of Pork Tenderloin (5 Points), [**Cauliflower & Broccoli Au Gratin**](https://deedeedoes.com/week-28-weight-watchers-freestyle-diet-plan-menu-week-7-16-18/) (3 Points) | [**General Tso Chicken**](https://deedeedoes.com/weight-watchers-freestyle-tastes-like-chinese-takeout-freestyle-recipes/) (3 Points), [**Chinese Egg Drop Soup**](https://deedeedoes.com/weight-watchers-freestyle-tastes-like-chinese-takeout-freestyle-recipes/) (1 Point) | [**Freestylin’ Poor Man’s Filet Mignon**](https://deedeedoes.com/complete-daily-menu-paula-deens-recipes-remade-weight-watchers-freestyle/) (1 Point), [**Sweet & Spicy Corn Pudding**](https://deedeedoes.com/week-12-weight-watchers-freestyle-diet-plan-menu-week-3-19-18/) (3 Points) | Roasted Split Chicken Breast (Skin Removed) (0 Points), Baked Potato with Greek Fat Free Plain Yogurt and Tabasco Sauce (5 Points), [**Zucchini Bows & Radish Button Salad**](https://deedeedoes.com/weight-watchers-freestyle-weekly-meal-plan-weight-loss-week-3-4-19/) (2 Points) | Dinner Out | **[Slow Cooker Chicken Piccata](https://deedeedoes.com/weight-watchers-freestyle-slow-cooker-dinner-recipes/)** (3 Points) |
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| **D E S S E R T** | Emerald 100 Calorie Almond Bag (3 Points) | Smartfood Cheddar Delight PopCorn (4 Points) | [**Weight Watchers Chocolate Caramel Mini Bar**](https://amzn.to/2Lerti1)(2 Points) | 2 Sugar Free/Fat Free Vanilla Pudding (4 Points), 13 [**Lily’s Chocolate Chips**](https://amzn.to/2InNWb1) (0 Points) | Weight Watchers Giant Fudge Bar (4 Points) | Smartfood Cheddar Delight PopCorn (4 Points) | 2 Sugar Free/Fat Free Vanilla Pudding (4 Points), 13 [**Lily’s Chocolate Chips**](https://amzn.to/2InNWb1) (0 Points) |
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