**Weight Watchers Weekly Meal Plan – Week of 8/12/19**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **B R E A K F A S T** | 2 Slices of Butter Bread + 2 Soft Boiled Eggs (3 Points)  Honeydew Chunks | No Sugar Added Canned Fruit Salad with 1 Cup of Fat Free Cottage Cheese (3 Points) | (3) Scrambled Eggs with (2) Slices of Borden Nonfat Sliced Cheese (1 Point) | Mini Bagel with Spray Butter (3 Points) | 1 Cup of Banana Nut Cheerios with 1/2 Cup of Skim Milk (7 Points) | [**Weight Watchers Instant Pot Cheesy Broccoli Egg Souffles**](https://deedeedoes.com/instant-pot-weight-watchers-freestyle-cheesy-broccoli-egg-souffles/) (3 Points), Honeydew (0 Points) | 1 Cup of Banana Nut Cheerios with 1/2 Cup of Skim Milk (7 Points) |
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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**)** |
|  | 99% Fat Free Deli Turkey wrapped in 4 Slices of Borden Fat Free Cheese (2 Points) | [**Instant Pot Loaded Baked Potato Soup**](https://deedeedoes.com/weight-watchers-freestyle-weekly-meal-plan-weight-loss-week-2-25-19/) (5 Points) | Same as Monday | |  | | --- | | Subway Footlong Veggie Delite on 9 Grain Wheat (12 Points) | | Wheat (12 Points) | | [**Farmhouse Roasted Cauliflower Bisque**](https://deedeedoes.com/weight-watchers-freestyle-printable-farmhouse-recipes/) (4 Points) | |  | | --- | | [**Taco Salad in Edible Bowl**](https://deedeedoes.com/weight-watchers-freestyle-recipes-using-0-point-ground-turkey-chicken/) (4 Points) | |  | | [**Farmhouse Roasted Cauliflower Bisque**](https://deedeedoes.com/weight-watchers-freestyle-printable-farmhouse-recipes/) (4 Points) |
| **L U N C H** | **+ Mt. Olive Kosher Pickle Spears (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) |
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| **D I N N E R** | [**Chicken in Deviled Gravy**](https://deedeedoes.com/low-point-weight-watchers-freestyle-weekly-menu/) (4 Points) + [**Cucumber Slaw**](https://deedeedoes.com/week-29-weight-watchers-freestyle-diet-plan-menu-week-7-23-18/) (0 Points) | [**Saucy Oriental Meatballs**](https://deedeedoes.com/weight-watchers-freestyle-diet-plan-menu-week-7-2-18/) (1 Point), 1/2 Cup Orzo (3 Points) | 8 ounce Ham Steak (5 Points), Corn on Cob (0 Points), Huge Green Salad with 2 Tablespoons of Ken’s Lite Balsamic Dressing (2 Points) | [**Taco Filled Peppers**](https://deedeedoes.com/5-day-meal-plan-weight-watchers-freestyle-0-point-foods/) (0 Points), String Beans (0 Points) | [**Balmy Bangkok Chicken**](https://deedeedoes.com/week-17-weight-watchers-freestyle-diet-plan-menu-week-4-23-18/) (0 Points), Cauliflower Rice (0 Points), Roasted Carrots (0 Points) | Dinner Out | [**Skinny Tater Tot Casserole**](https://deedeedoes.com/weight-watchers-freestyle-printable-farmhouse-recipes/) (4 Points) |
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| **D E S S E R T** | Lance Crackers – Whole Grain Cheddar Cheese (6 Points) | Smartfood Cheddar Delight Popcorn (4 Points) | Nature Valley Granola Bar (7 Points) | 3 Snyder’s of Hanover Pretzel Rods (3 Points) w/Mustard | Weight Watchers Giant Fudge Bar (4 Points) | Smartfood Cheddar Delight Popcorn (4 Points) | Honeydew Chunks (0 Points) |
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