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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **B R E A K F A S T** |  2 cups of Puffed Wheat (2 Points), 1/2 cup of Skim Milk (2 Points), Strawberries (0 Points) | [**Fruit with Honey Vanilla Yogurt** (1 Point)](https://deedeedoes.com/weight-watchers-freestyle-weekly-menu-weight-loss/) 2 Hardboiled Eggs (0 Points) | [**Shakshuka**](https://deedeedoes.com/weight-watchers-freestyle-0-point-breakfast-recipes/) (0 Points), Pineapple Chunks | [**Pioneer Woman's Breakfast Pizza**](https://deedeedoes.com/pioneer-womans-breakfast-recipes-remade-weight-watchers-freestyle-way/) (4 Points), Mandarin Oranges in Water | (3) Egg Omelette with Onions, Jalapenos, Mushrooms and Tomato with (2) Slices of Borden Nonfat Sharp Cheese (1 Point)  | [**Baked Custard with Cinnamon**](https://deedeedoes.com/week-44-weight-watchers-freestyle-weekly-menu-week-11-12-18/) (3 Points) | 1 cup of Special K Red Berries (4 Points), 1/2 cup of Skim Milk (3 Points) |
|  |  |  |  |  |  |  |  |
|  |   |   |   |   |   |  |  |
| **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** | 2 slices of Borden Nonfat Sharp Cheese on Nature's Own Butter Bread – Grilled (4 Points),  1 Cup of Campbell’s Well Yes Chicken Noodle Soup (2 Points) | [**Quick Fix Burrito Skillet**](https://deedeedoes.com/week-28-weight-watchers-freestyle-diet-plan-menu-week-7-16-18/) (1 Point) | Same as yesterday |

|  |
| --- |
| Leftover [**Orange is the New Black Chili**](https://deedeedoes.com/50-fantastic-weight-watchers-freestyle-0-point-dinner-recipes/) (0 Points) |
| Points) |

 | [**Pioneer Woman's Chicken Corn Chowder REMADE for WW Freestyle (2 Points)**](https://deedeedoes.com/pioneer-woman-menu-remade-weight-watchers-freestyle-menu-9-points/)    |

|  |
| --- |
| Same as yesterday |
|  |

 |  [**Weight Watchers Loaded Chicken Lettuce Cups (0 Points)**](https://deedeedoes.com/weight-watchers-freestyle-loaded-chicken-lettuce-cups-recipe/) |
|  |  |  |  |  |  |  |  |
| **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** | Zucchini Noodles with [**Slow Cooker Italian Meat Gravy**](https://deedeedoes.com/week-36-weight-watchers-freestyle-diet-plan-menu-week-9-14-18/) (0 Points), Massive Garden Salad with 2 Tablespoons of Light Olive Garden Dressing (1 Point) | [**Chinese Gingered Chicken w/Broccoli**](https://deedeedoes.com/delicious-healthy-chinese-ginger-chicken-broccoli/) (3 Points) | [**Slow Cooker Orange is the New Black Chili**](https://deedeedoes.com/new-3-day-menu-using-0-point-weight-watchers-freestyle-foods/) (0 Points), Cucumber Salad with 2 Tablespoons of Light Olive Garden Dressing (1 Point) |  [**Feta Basil Tilapia**](https://deedeedoes.com/printable-weight-watchers-freestyle-recipes-week-5-roundup/) (0 Points),[**Cauliflower & Broccoli Au Gratin**](https://deedeedoes.com/low-point-weight-watchers-freestyle-menu/) (3 Points) |  [**Mexican Chicken Casserole**](https://deedeedoes.com/7-day-weight-watchers-freestyle-meal-menu-plan-using-0-point-foods/) (0 Points), [**Confetti Corn**](https://deedeedoes.com/delicious-recipes-corn-weight-watchers-freestyle/) (1 Point) | Dinner Out |  [**Curried Turkey Stir Fry**](https://deedeedoes.com/low-point-weight-watchers-freestyle-menu/) (2 Points) over Cauliflower Rice   |
|  |  |  |  |  |  |  |  |
| **D E S S E R T** | (8) Reduced Fat Nilla Wafers (5 Points) | 15 Baked Doritos (4 Points) | 2 Sugar Free Jello Gelatin Cups with 2 Tablespoons of Fat Free Cool Whip (1 Point) | 15 Baked Doritos (4 Points) | Weight Watchers Giant Fudge Bar (4 Points) | 2 Sugar Free Jello Gelatin Cups with 2 Tablespoons of Fat Free Cool Whip (1 Point) | Weight Watchers Giant Fudge Bar (4 Points) |
|  |  |  |  |  |  |  |  |