**Weight Watchers Weekly Meal Plan – Week of 8/26/19**

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|  | **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 | 3/4 cup of Cheerios with 1/2 cup of Skim Milk (4 Points) with a Banana | (3) Scrambled Eggs with (2) Slices of Borden Nonfat Sliced Cheese (1 Point), Onions & Mushrooms (0 Points) | 2 Slices of Butterbread (3 Points) with I Can’t Believe It’s Not Butter Spray, 2 Peaches (0 Points) | Same as Monday (4 Points) | 2 slices of Aunt Jemima Frozen French Toast (7 Points), 3 Tablespoons of Sugar Free Syrup (0 Points) | 2 Sunny Side Up Eggs with 2 Slices of Nature’s Own Butterbread (3 Points), Banana (0 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**)** |
| **L U N C H** | BLT – Made with 4 Slices of Turkey Bacon (3 Points), 1 Tablespoon of Light Mayonnaise (1 Point), Lettuce, Tomato, Butter Bread (3 Points), Veggie Straws (4 Points) | Hillshire Farms Ultra Thin Pastrami (4 oz) (2 Points) on  (2) Joseph’s Heart Friendly Pitas (2 Points) with Lettuce, Onion, and Tomato, Sliced Red Peppers & Celery Stalks with [**0 Point Hummus**](https://deedeedoes.com/weight-watchers-freestyle-0-point-recipe-creamy-dreamy-hummus/) | Progresso Heart Healthy Southwest Bean & Vegetable Soup (3 Points), 3 Hard Boiled Eggs (0 Points) | |  | | --- | | 2 Cups of [**Spicy Red Pepper Soup**](https://deedeedoes.com/weight-watchers-freestyle-weekly-meal-plan-weight-loss-week-4-15-19/) (1 Point), Mini Oyster Crackers (2 Points) (38 Crackers), Sliced Red Peppers & Celery Stalks with [**0 Point Hummus**](https://deedeedoes.com/weight-watchers-freestyle-0-point-recipe-creamy-dreamy-hummus/) | |  | | Kraft Macaroni & Cheese Cup (7 Points), Can of Tuna mixed with Salt/Pepper (0 Points) | |  | | --- | | Same as Thursday (3 Points) | |  | | Huge Garden Salad with 2 Cans of Tuna and Hard Boiled Eggs + 3 Tablespoons of [**Olive Garden Light Dressing**](https://amzn.to/2Dz9ltY) (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** | [**Slow Cooker Honey Sriracha Chicken (3 Points)**](https://deedeedoes.com/fantastic-weight-watchers-freestyle-weekly-meal-plan-week-4-22-19/) over Cauliflower Rice (0 Points), Garden Peas (0 Points) | [**Sauteed Sesame Shrimp with Vegetables**](https://deedeedoes.com/sauteed-sesame-shrimp-vegetables/) (2 Points) over Riced Broccoli (0 Points) | [**Skillet Balsamic Pork Chops with Apples (8 Points), Zucchini and Sweet Corn Souffle (3 Points)**](https://deedeedoes.com/weight-watchers-freestyle-weekly-meal-plan-weight-loss-week-4-15-19/) | [**Italian Cheeseburger Pepper Cups**](https://deedeedoes.com/weight-watchers-freestyle-mouth-watering-weekly-meal-plan-weight-loss-week-3-18-19/)(3 Points),  [**Cauliflower “Couscous” with Chickpeas**](https://deedeedoes.com/weight-watchers-freestyle-mouth-watering-weekly-meal-plan-weight-loss-week-3-18-19/) (2 Points) | [**Instant Pot Seafood Jambalaya**](https://deedeedoes.com/weight-watchers-freestyle-recipe-instant-pot-jambalaya/) (2 Points) | Dinner Out | London Broil (7 Points),Corn on the Cob (0 Points), Roasted Asparagus Spears (0 Points) |
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| **D E S S E R T** | (2) Lowfat Graham Crackers with Sugar Free Fruit Spread (2 Points) | Baked Tostitos Scoops with Salsa Verde (4 Points) | Yasso Fudge Yogurt Bar (3 Points) | 8 Murray’s Sugar Free Cookies (Shortbread) (4 Points) | Baked Tostitos Scoops with Salsa Verde (4 Points) | (2) Lowfat Graham Crackers with Sugar Free Fruit Spread (2 Points) | Yasso Fudge Yogurt Bar (3 Points) |
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