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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **B R E A K F A S T** | (3) Egg Omelette with Onions, Jalapenos, Mushrooms and Tomato with (2) Slices of Borden Nonfat Sharp Cheese (1 Point)  | [**Crustless Bacon & Cheese Quiche**](https://deedeedoes.com/weight-watchers-freestyle-weekly-meal-plan-new-healthy-recipes/) (3 Points), Honeydew Chunks (0 Points)  | Same as yesterday (3 Points) | 1 Cup of Fat Free Cottage Cheese with Fresh Raspberries (3 Points) | 1 cup of Cream of Wheat, 1/4 cup of Skim Milk with Banana (4 Points) | Mini Bagel with Spray Butter (3 Points), 2 Hard Boiled Eggs (0 Points) | 2 Sunny Side Up Eggs with 2 Slices of Nature’s Own Butterbread (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** |  [**Tropical Shrimp Rice Bowls**](https://deedeedoes.com/new-3-day-menu-using-0-point-weight-watchers-freestyle-foods/) (0 Points), Honeydew Chunks (0 Points) | McDonald’s Grilled Southwestern Chicken Salad (6 Points) | (2) Hebrew National 97% Fat Free Hot Dogs (1 Point), (2) Nature’s Own 100% Whole Wheat Hot Dog Buns (6 Points), [**Bodacious Black Bean Corn Salad**](https://deedeedoes.com/bodacious-black-bean-corn-salad-sweet-lime-dressing/) (0 Points) |

|  |
| --- |
| [**Spicy Chicken Corn Chowder**](https://deedeedoes.com/weight-watchers-freestyle-0-point-chicken-recipes/) (0 Points) |
|  |

 | Same as yesterday (0 Points) |

|  |
| --- |
| Egg Salad with Low Fat Mayonnaise (2 Points), Lettuce, Tomato, Jalapeno on 2 Mini Bagels (7 Points) |
|  |

 | Lunch out |
|  |  |  |  |  |  |  |  |
| **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) | 2 Ground Turkey Breast Patties with Onions & Mushrooms, 2 Ears of Corn on Cob, Unsweetened Applesauce (0 Points) | [**Triple Decker Freestylin’ Meaty Lasagna**](https://deedeedoes.com/low-point-freezer-cooking-meals-weight-watchers-freestyle-week-3/) (3 Points) | [**Seafood Jambalaya**](https://deedeedoes.com/5-super-low-weight-watchers-freestyle-meals-superbowl-sunday/)(0 Points) | [**Quick Fix Burrito Skillet**](https://deedeedoes.com/week-28-weight-watchers-freestyle-diet-plan-menu-week-7-16-18/)(1 Point) | Dinner Out | [**Ragin’ Cajun Flounder Fillets over Zucchini**](https://deedeedoes.com/week-22-weight-watchers-freestyle-diet-plan-menu-week-5-28-18/)**Zoodles**(o Points) |
|  |  |  |  |  |  |  |  |
| **D E S S E R T** | Jolly Time Healthy Pop (3 Points) | Lance Crackers – Whole Grain Cheddar Cheese (6 Points) | Nabisco 100 Calorie Lorna Doone Crisps (4 Points) | Jolly Time Healthy Pop (3 Points) | Weight Watchers Giant Fudge Bar (4 Points) | Nabisco 100 Calorie Lorna Doone Crisps (4 Points) | Weight Watchers Giant Fudge Bar (4 Points) |
|  |  |  |  |  |  |  |  |