**Weight Watchers Weekly Meal Plan – Week of 9/16/19**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **B R E A K F A S T** | Brown Sugar Cinnamon Oatmeal Packet (7 Points) , Banana (0 Points) | (3) Soft Boiled Eggs, 2 Slices of Reduced Calorie Bread (3 Points) | 1 Cup of Fat Free Cottage Cheese with Watermelon (3 Points) | Same as yesterday (3 Points) | [**Kind Fruit & Nut Bar – Blueberry Vanilla Cashew**](https://amzn.to/2ZL7iPT) (7 Points) | Same as yesterday (7 Points) | Nonfat Greek Yogurt mixed with Sugar Free/Fat Free White Chocolate Pudding Mix & Strawberries  (2 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** | 1/4 lb Boar’s Head Ovengold Turkey Breast w/Tomato and Mustard on Nature’s Own Butter Bread (3 Points),  Honeydew (0 Points) | Huge Mixed Greens Salad with Watermelon and 1 cup of Athenos Fat Free Feta Cheese (1 Point), Ken’s Lite Balsamic Dressing (4 Points), 1 Ounce of Glazed Walnuts (5 Points) | [**Dr. Pepper Shredded Chicken**](https://deedeedoes.com/4-pioneer-woman-recipes-remade-weight-watchers-freestyle-way/) (1 Point) in a [**Joseph's Oat Bran and Whole Wheat Lavash Bread**](https://amzn.to/31avDLM) (2 Points), Grapes | |  | | --- | | [**Pioneer Woman Chickpea Curry**](https://deedeedoes.com/4-pioneer-woman-recipes-remade-weight-watchers-freestyle-way/) (1 Point) | |  | | Same as yesterday (1 Point) | |  | | --- | | Tuna Salad with Low Fat Mayonnaise (2 Points), Lettuce, Tomato, Jalapeno on [**Joseph's Oat Bran and Whole Wheat Lavash Bread**](https://amzn.to/31avDLM) (2 Points), Apple | |  | | [**Pollo Mexicano Salad with Ranch Dressing**](https://deedeedoes.com/weight-watchers-freestyle-0-point-memorial-day-party-menu/) (0 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** | [**Mushroom Loaded Salisbury Steak**](https://deedeedoes.com/week-15-weight-watchers-freestyle-diet-plan-menu-week-4-9-18/) (0 Points), Whipped Cauliflower with 4 Tablespoons of Fat Free Half & Half (1 Point), Peas | [**Sweet Smoky Mountain Chicken**](https://deedeedoes.com/week-27-weight-watchers-freestyle-diet-plan-menu-week-7-9-18/) (1 Point), 1/2 Cup of Orzo (3 Points), Green Beans | [**Creamy Cheesy Turkey Over Rice**](https://deedeedoes.com/week-27-weight-watchers-freestyle-diet-plan-menu-week-7-9-18/) (1 Point) | [**Apricot Shrimp Skewers**](https://deedeedoes.com/week-24-weight-watchers-freestyle-diet-plan-menu-week-6-18-18/) (0 Points), 1 Cup of Orzo with 1 Tablespoon of Land O'Lakes Whipped Light Butter (7 Points), Roasted Cauliflower | **0 Point** [**Chicken Marsala with Caramelized Onions + Savory Stuffed Mushrooms**](https://deedeedoes.com/0-point-printable-weight-watchers-freestyle-recipes/) | Dinner Out | [**Roasted Scallops with Sweet Fiery Pineapple Salsa**](https://deedeedoes.com/weight-watchers-freestyle-0-point-memorial-day-party-menu/) (0 Point) |
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| **D E S S E R T** | 2 cups of Creamy Vanilla Cheesecake Fruit Salad (recipe[**here**](https://deedeedoes.com/creamy-vanilla-cheesecake-fruit-salad-recipe-weight-watchers-freestyle/)) (4 Points) | (2) Sourdough Hard Pretzels with Dijon Mustard (5 Points) | Boom Chika Pop Popcorn (4 Points) | Belvita Breakfast Biscuits (2) (4 Points) | Boom Chika Pop Popcorn (4 Points) | (2) Sourdough Hard Pretzels with Dijon Mustard (5 Points) | Weight Watchers Giant Fudge Bar (4 Points) |
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