**Weight Watchers Weekly Meal Plan – Week of 9/23/19**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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), Banana & Strawberries (0 Points) | [**Farmhouse Sausage Gravy Over Fluffy Farmhouse Biscuits**](https://deedeedoes.com/weight-watchers-freestyle-printable-farmhouse-recipes/) (5 Points) | [**Greek Eggs & Ham**](https://deedeedoes.com/weight-watchers-freestyle-mouth-watering-egg-recipes-breakfast/) (0 Points), Honeydew Chunks (0 Points) | 1 cup Corn Flakes w/Banana in 1 cup of Skim Milk (6 Points) | Same as yesterday (6 Points) | [**Slow Cooker Overnight Oats in a Jar**](https://deedeedoes.com/weight-watchers-freestyle-weekly-meal-plan-weight-loss-week-1-28-19/) (7 Points) | Same as yesterday (7 Poitns) |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **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) cans of White Solid White Tuna with onions, jalapeno and celery (0 Points), (1) Tablespoon of Light Mayonnaise (1 Point) on bed of Lettuce, Cucumber Salad (1 Point) | [**Chunky Creamy Chicken Stew**](https://deedeedoes.com/weight-watchers-freestyle-printable-farmhouse-recipes/) (4 Points) | Same as yesterday + Watermelon Chunks & Kiwi (0 Points) | |  | | --- | | Progresso Heart Healthy Southwest Bean & Vegetable Soup (3 Points), 1 Grilled Chicken Breast (0 Points) | |  | | Egg Salad with Peppers, Onions & Celery on Spinach Ole Wrap using [**Creamy Dreamy Hummus**](https://deedeedoes.com/weight-watchers-freestyle-0-point-recipe-creamy-dreamy-hummus/) in place of mayonnaise (1 Point), [**Bodacious Black Bean & Corn Salad with Sweet Lime Dressing**](https://deedeedoes.com/bodacious-black-bean-corn-salad-sweet-lime-dressing/) (0 Points) | |  | | --- | | [**Skinny Southwestern Egg Rolls**](https://deedeedoes.com/weight-watchers-freestyle-superbowl-party-food-recipes/) (3 Points) | |  | | [**Thai Coconut Soup**](https://deedeedoes.com/weight-watchers-freestyle-weekly-meal-plan-week-1-21-19/)**(**3 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) |
|  |  |  |  |  |  |  |  |
| **D I N N E R** | [**Weight Watchers Freestyle Loaded Chicken Cups**](https://deedeedoes.com/weight-watchers-freestyle-loaded-chicken-lettuce-cups-recipe/) (0 Points) | [**Instant Pot Shrimp & Grits**](https://deedeedoes.com/weight-watchers-freestyle-instant-pot-recipe-cajun-shrimp-grits/) (5 Points) | [**Paula Deen's Enchiladas with Red Gravy (6 Points)**](https://deedeedoes.com/weight-watchers-freestyle-recipes-using-0-point-ground-turkey-chicken/) | [**Skinny Cottage Pie**](https://deedeedoes.com/weight-watchers-freestyle-recipes-using-0-point-ground-turkey-chicken/) (7 Points) | [**Juicy Meatloaf**](https://deedeedoes.com/paula-deens-comfort-food-recipes-remade-weight-watchers-freestyle/) (0 Points), [**Air Fryer Fried Eggplant**](https://deedeedoes.com/weight-watchers-freestyle-air-fryer-fried-eggplant/)(3 Points) | Dinner Out | [**Air Fryer Everything But the Bagel Chicken Tenders**](https://deedeedoes.com/weight-watchers-freestyle-weekly-weight-loss-meal-plan-week-5-6-19/) (3 Points), [**Creamy Green Beans with Bacon**](https://deedeedoes.com/weight-watchers-freestyle-weekly-weight-loss-meal-plan-week-5-6-19/) (1 Points) |
|  |  |  |  |  |  |  |  |
| **D E S S E R T** | Pretzel Pepperidge Farm Goldfish (4 Points) | Pop Secret Kettle Corn Snack Bag 100 Calorie (4 Points) | [**Pumpkin Pie Perfection**](https://deedeedoes.com/week-9-weight-watchers-freestyle-diet-plan-menu-week-2-26-18/) (Barely 1 Point per slice) | Pretzel Pepperidge Farm Goldfish (4 Points) | Pop Secret Kettle Corn Snack Bag 100 Calorie (4 Points) | [**Pumpkin Pie Perfection**](https://deedeedoes.com/week-9-weight-watchers-freestyle-diet-plan-menu-week-2-26-18/) (Barely 1 Point per slice) | Weight Watchers Giant Fudge Bar (4 Points) |
|  |  |  |  |  |  |  |  |