**Weight Watchers Weekly Meal Plan – Week of 10/7/19**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **B R E A K F A S T** | (2) Eggo Nutri-Grain Waffles with Sugar Free Syrup (5 Points) | 1 cup Multi Grain Cheerios w/Banana in 1/2 cup of Skim Milk  (6 Points) | (3) Scrambled Eggs with (2) Slices of Borden Nonfat Sliced Cheese (1 Point), Onions & Mushrooms (0 Points), Honeydew Melon (0 Points) | Same as yesterday (0 Points) | (2) Eggo Nutri-Grain Waffles with Sugar Free Syrup (5 Points) | [**Eggs in Purgatory (0 Points)**](https://deedeedoes.com/weight-watchers-freestyle-mouth-watering-egg-recipes-breakfast/) | [**Easy Cheese Frittata**](https://deedeedoes.com/weight-watchers-freestyle-mouth-watering-egg-recipes-breakfast/) (1 Point), Apple (0 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** | [**Chinese Egg Drop Soup**](https://deedeedoes.com/weight-watchers-freestyle-tastes-like-chinese-takeout-freestyle-recipes/)(1 Point) | 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, Chinese Egg Drop Soup (from Monday) (1 Point) | |  | | --- | | [**Saucy Oriental Meatballs**](https://deedeedoes.com/weight-watchers-freestyle-diet-plan-menu-week-7-2-18/) (1 Point) | |  | | Same as yesterday (1 Point) | |  | | --- | | [**Creamy Mushroom Bisque**](https://deedeedoes.com/week-44-weight-watchers-freestyle-weekly-menu-week-11-12-18/) (2 Points) | |  | | Same as yesterday (2 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** | [**Al Dente Carba Nada Roasted Garlic Egg Fettucine\***](https://amzn.to/2H8Ld31) (3 Points) with Ground Turkey Breast Meatballs in[**Slow Cooker Italian Meat Gravy**](https://deedeedoes.com/50-fantastic-weight-watchers-freestyle-0-point-dinner-recipes/) (0 Points) | Grilled Chicken Breast with Grilled Vegetables (0 Points), Kraft Macaroni & Cheese Cup (7 Points) | [**Chicken Manicotti**](https://deedeedoes.com/fantastic-weight-watchers-freestyle-weekly-meal-plan-week-4-22-19/)(5 Points) | [**Sauteed Sesame Shrimp with Vegetables**](https://deedeedoes.com/sauteed-sesame-shrimp-vegetables/)(2 Points) over Riced Broccoli (0 Points) | [**Poor Man's Filet Mignon**](https://deedeedoes.com/complete-daily-menu-paula-deens-recipes-remade-weight-watchers-freestyle/) (1 Point), Brussel Sprouts (0 Points) | Dinner Out | [**Mexican Chicken Burrito Bowl**](https://deedeedoes.com/31-fantastic-satisfying-weight-watchers-freestyle-0-point-lunch-recipes/) (0 Points) |
|  |  |  |  |  |  |  |  |
| **D E S S E R T** | 2 Betty Crocker Fruit Rollups (5 Points) | [**Watermelon Granita**](https://deedeedoes.com/weight-watchers-freestyle-dessert-recipes/) (0 Points) | Yasso Fudge Yogurt Bar (3 Points) | (2) Lowfat Graham Crackers with Sugar Free Fruit Spread (2 Points) | [**Pure Protein Birthday Cake Bar\***](https://amzn.to/2SufD2w) (5 Points) | 2 Betty Crocker Fruit Rollups (5 Points) | WW Giant Fudge Bar (4 Points) |
|  |  |  |  |  |  |  |  |