

WEIGHT WATCHERS SMARTPOINTS 1 WEEK MEAL PLAN



BASED ON 30SP PER DAY

YouBrewMyTea.com



	Breakfast	Lunch	Dinner
Monday	Breakfast Cookies Bacon Fruit	Kale & Brussels Sprout Salad with Chicken	Burrito Bowl Crescent Ring Veggies
Tuesday	Blueberry Muffin Bacon Fruit	Kale & Brussels Sprout Salad with Chicken	Chicken & Bean Soup Tortilla Chips
Wednesday	Ham & Egg Cups Toast Fruit	Chicken & Bean Soup Tortilla Chips	Spaghetti Veggies
Thursday	Yogurt Fruit Canadian Bacon	Pizza Stick Veggies	Grilled Shrimp Veggies
Friday	Ham & Egg Cups Toast Fruit	Pizza Grilled Cheese Veggies	Instant Pot Roast Veggies
Saturday	Blueberry Muffin Bacon Fruit	Instant Pot Roast Veggies	Weight Watchers Pizza Salad

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	Snacks	Dessert	Drinks
Monday	Veggie Dip Veggies	Sugar-Free Chocolate Cupcakes	Water Sugar-Free Drink Mix Coffee or Tea
Tuesday	Hummus Veggies	1/2 Cup Halo Top	Water Sugar-Free Drink Mix Coffee or Tea
Wednesday	Apple or Banana	Lemon Icebox Dessert	Water Sugar-Free Drink Mix Coffee or Tea
Thursday	Banana Coconut Muffin or Cheese Crackers	Pizzelles with Fruit	Water Sugar-Free Drink Mix Coffee or Tea
Friday	Air Popped Popcorn (no butter)	Sugar Free Jello	Water Sugar-Free Drink Mix Coffee or Tea
Saturday	String Cheese or Hummus & Veggies	Chocolate Cheesecake Cups	Water Sugar-Free Drink Mix Coffee or Tea