

MONDAY

BREAKFAST

Zero Point Muffin Tin
Eggs
Fresh Fruit

LUNCH

Shredded chicken,
brown rice, and
vegetables.

DINNER

Zero Point Crockpot
Bean Soup .

TUESDAY

BREAKFAST

Veggie Egg Scramble
Homemade Turkey
Sausage

LUNCH

Vegan Vegetable
Soup Recipe

DINNER

Unstuffed Cabbage
Roll Soup

WEDNESDAY

BREAKFAST

Oatmeal Breakfast
Cookies
Homemade Turkey
Sausage

LUNCH

Black Bean, Corn, and
Avocado Salad with
Tortilla Chips

DINNER

Sticky Buffalo
Tenders with
Southwest Cream
Corn and Veggie

THURSDAY

BREAKFAST

Peanut Butter
Overnight Oats
Fresh Fruit.

LUNCH

White Bean Turkey
Chili

DINNER

Slow Cooker Butter
Chicken with Brown
Rice

FRIDAY

BREAKFAST

Apple Cinnamon
Muffin with Fresh
Fruit

LUNCH

Grilled Shrimp with
Salad Greens

DINNER

Baked Chicken Fajitas
and Homemade
Refried Bean Dip with
Chips.

WEIGHT WATCHERS FREESTYLE MEAL PLAN

