

MONDAY

BREAKFAST

Apple Cinnamon
Muffin
Fresh Fruit
Vegan Sausage Patty

LUNCH

Vegan Potato Soup

DINNER

Stuffed Squash with
Wild Rice and Vegan
Sausage

TUESDAY

BREAKFAST

Oatmeal Banana
Breakfast Cookie
Fresh Fruit
Vegan Sausage Patty

LUNCH

Slow Cooker Sweet
Potato Chickpea Stew

DINNER

Vegetable Soup with
Cornbread

WEDNESDAY

BREAKFAST

Peanut Butter
Overnight Oats
Fresh Fruit

LUNCH

Vegetable Soup with
Cornbread

DINNER

Vegan Instant Pot
LoMein

THURSDAY

BREAKFAST

Apple Cinnamon
Muffin
Fresh Fruit
Vegan Sausage Patty

LUNCH

Chickpea Avocado
Salad

DINNER

Roasted Brussels
Sprouts and Butternut
Squash with Vegan
Stuffing

FRIDAY

BREAKFAST

Blueberry Oatmeal
Muffin
Fresh Fruit
Vegan Sausage Patty

LUNCH

Balsamic Roasted
Veggie and White
Bean Pasta Salad.

DINNER

Zero Point Crockpot
Bean Soup with Vegan
Cornbread

WEIGHT WATCHERS FREESTYLE MEAL PLAN

