

WW FreeStyle SmartPoints Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Weight Watchers Breakfast Casserole	Turkey Waldorf Salad	Fresh Fruit	Slow Cooker Greek Chicken & Instant Pot Hummus
TUESDAY	Peanut Butter Banana Smoothie	Pizza Grilled Cheese & Salad	Skinny Blueberry Lemon Muffin	Lightened Up Homemade Lasagna
WEDNESDAY	Hard Boiled Egg, Fruit & Yogurt	Healthy Tuna Salad	Fresh Fruit	Weight Watchers Stuffed Peppers
THURSDAY	Weight Watchers Breakfast Casserole	Black Bean Burgers	Baby Carrots & Ranch Dip	Sticky Buffalo Chicken & Roasted Broccoli
FRIDAY	Weight Watchers PopTarts	Weight Watchers Pizza	Instant Pot Bread Pudding	Weight Watchers Pot Pie Casserole
SATURDAY	Hard Boiled Egg, Fruit & Yogurt	Weight Watchers Broccoli Cheddar Soup	Weight Watchers Donuts	Weight Watchers Taco Casserole
SUNDAY	Weight Watchers Pancakes & Bacon	Simple BLT Salad	Baby Carrots & Ranch Dip	Skinny Hawaiian Meatballs & Rice