

# 7-Day Menu for WW FreeStyle Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Coconut Banana Muffins	Grilled Chicken & 2 Deviled Eggs	Fresh Fruit	Weight Watchers Tater Tot Casserole
TUESDAY	2-Ingredient Bagel with Egg & Light Cheese	Air Fryer Tuna Cakes & Side Salad	Mozzarella Cheese Bread Sticks	Weight Watchers Sesame Chicken & IP Eggroll in a Bowl
WEDNESDAY	Yogurt Parfait	IP Chicken Taco Soup & WW Cornbread	Healthy Veggie Dip & Veggies	Weight Watchers Stuffed Peppers
THURSDAY	Weight Watchers Quiche	Air Fryer Empanadas with Refried Beans	Air Fryer Funnel Cake Bites	Pretzel Crusted Chicken Nuggets & Macaroni Salad
FRIDAY	Quest Bar & Fruit	Grilled Chicken & Kale with Brussels Sprouts Salad	Healthy Veggie Dip & Veggies	Vegetarian Taco Salad
SATURDAY	Hard Boiled Egg, Fruit & Yogurt	IP Chicken Taco Soup & WW Cornbread	Apple Cinnamon Muffin	Crockpot Sloppy Joes with Baked French Fries
SUNDAY	Weight Watchers Baked Omelete	Asian Salad with Shredded Chicken	Blueberry No Bake Cheesecake	Black Bean Burgers with Roasted Veggies