



WW BLUE PLAN

7 DAY 23 SMARTPOINT DAY MENU PLAN
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BREAKFAST

MON	Chocolate Muffins - 2SP
TUE	Ham Hashbrown Casserole - 4SP
WED	Egg Muffins - ZERO
THU	Mixed Berry Oatmeal - 7SP
FRI	Egg & Bacon Spinach Wrap
SAT	Chocolate Protein Waffles
SUN	Cinnamon Apple Yogurt Bowls

LUNCH

MON	Mexican Chicken Soup - ZERO
TUE	Weight Watchers Pizza - 4SP
WED	BLT Roll Ups - 6SP
THU	Creamy Vegetable Soup - 6SP
FRI	Refried Bean Dip Wrap - 3SP
SAT	Slow Cooker Buffalo Chicken Dip - 3SP
SUN	Chicken Broccoli Mac & Cheese - 5SP

DINNER

MON	Bang Bang Shrimp Pasta - 7SP
TUE	Creamy Chicken Pasta - 9SP
WED	WW Salisbury Steak - 5SP
THU	Eggplant Parmesan - 2SP
FRI	Instant Pot Tortellini - 3SP
SAT	Weight Watchers Turkey Chili - ZERO
SUN	Southern Chicken & Dumplings - 3SP

SNACKS