

WW
PERSONAL
POINTS

WEEKLY
MEAL PLAN

DATE:

YOUBREWMYTEA.COM

MONDAY

DATE:

Peanut Butter
Banana Muffins
BREAKFAST

Turkey Wrap
LUNCH

Baked Chicken Fajitas
DINNER

PersonalPoints Used:

TUESDAY

DATE:

Turkey Sausage
Egg Muffin
BREAKFAST

Air Fryer Parmesan
Chicken Tenders
LUNCH

Skinny Alfredo
Chicken Pizza
DINNER

PersonalPoints Used:

WEDNESDAY

DATE:

Mixed Berry
Baked Oatmeal
BREAKFAST

WW BLT Salad
LUNCH

Chicken & Dumplings
DINNER

PersonalPoints Used:

THURSDAY

DATE:

Baked Pizza Sticks
BREAKFAST

Chicken pot pie and
arugula salad
LUNCH

Turkey Chili
DINNER

PersonalPoints Used:

FRIDAY

DATE:

Healthy Chicken
Salad
BREAKFAST

Pineapple Porkchop
and red rice
LUNCH

Green Chile Chicken
Enchilada Casserole
DINNER

PersonalPoints Used:

WEEKLY RECIPE OPTIONS

BREAKFAST

- PEANUT BUTTER BANANA MUFFIN
- TURKEY SAUSAGE EGG MUFFINS
- COUNTRY STYLE BREAKFAST TACOS
- MIXED BERRY BAKED OATMEAL
- CRANBERRY BANANA BREAD
- BAKED OMELET
- BANANA PANCAKES

LUNCH

- AIR FRYER CHICKEN TENDERS
- BAKED PIZZA STICKS
- BLT SALAD
- TURKEY WRAP
- HEALTHY CHICKEN SALAD
- EGGROLL IN A BOWL

DINNER

- BAKED CHICKEN FAJITAS
- SKINNY ALFREDO CHICKEN PIZZA
- CHICKEN AND DUMPLINGS
- GREEN CHILE CHICKEN ENCHILADA
- TURKEY CHILI

SNACKS & DESSERT

- HEALTHY VEGGIE DIP
- DEVILED EGGS
- PISTACHIO FLUFF

DAILY POINTS:

WEEKLY POINTS:

YOUBREWMYTEA.COM

SHOPPING LIST

DAIRY

MEAT

PRODUCE

DRY GOODS

CANNED GOODS

SPICES

BAKING SUPPLIES

MISCELLANEOUS

YOUBREWMYTEA.COM
