

# WEIGHT WATCHERS 1 WEEK MEAL PLAN

7 DAY MENU BASED ON 23 DAILY POINTS  
INCLUDES BREAKFAST, LUNCH, AND DINNER WITH  
ROOM FOR SNACKS

## BREAKFAST

<b>MON</b>	Chocolate Muffins - 2
<b>TUE</b>	Ham Hashbrown Casserole -4
<b>WED</b>	Egg Muffins - ZERO
<b>THU</b>	Mixed Berry Oatmeal - 7
<b>FRI</b>	Egg & Bacon Spinach Wrap -3
<b>SAT</b>	Chocolate Protein Waffles -6
<b>SUN</b>	Cinnamon Apple Yogurt Bowls -6

## LUNCH

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

## DINNER

<b>MON</b>	Bang Bang Shrimp Pasta - 7
<b>TUE</b>	Creamy Chicken Pasta - 9
<b>WED</b>	WW Salisbury Steak - 5
<b>THU</b>	Air Fryer Chicken Breast 2
<b>FRI</b>	Instant Pot Tortellini - 3
<b>SAT</b>	Weight Watchers Turkey Chili - ZERO
<b>SUN</b>	Southern Chicken & Dumplings - 3

## SNACKS