

# Weight Watchers Meal Plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Built Bar/Other Protein Bar

Pumpkin Muffins

Best Homemade Protein Shake

2 Ingredient Bagels

Eggs, Turkey Bacon, and Applesauce

Breakfast Crepes with Berries

Rice Cake with Peanut Butter & Fresh Fruit

LUNCH

Turkey Waldorf Salad

Kung Pao Chicken

Spicy Tuna Salad

Stuffed Peppers

Chicken Taco Soup

Calzones

Falafels

DINNER

Air Fried Salmon

Shrimp Cashew Stirfry

Crack Chicken

Tuna Steak

Air Fryer Fried Chicken

Instant Pot Turkey Breast

Air Fried Pork Chops