

# Weight Watchers

Item	Points
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## Bowls

Chicken Bowl	
Chicken/Veggie Bowl	
Beef Bowl	
Beef/Veggie Bowl	
Half/Half Bowl	
Works Bowl	

## White Meat/Brown Rice

Chicken Bowl	
Chicken/Veggie Bowl	
Beef Bowl	
Beef/Veggie Bowl	
Half/Half Bowl	
Works Bowl	

## Mini Bowls

Mini chicken Bowl	
Mini Beef Bowl	
Mini Half/Half Bowl	

## Plates

Chicken Plate	
Beef Plate	
Chicken/Beef Plate	
Rib Plate	
Works Plate	

# Points Plus

Item	Points
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## Bowls

Chicken Bowl	
Chicken/Veggie Bowl	
Beef Bowl	
Beef/Veggie Bowl	
Half/Half Bowl	
Works Bowl	

## Mini Bowls

Mini Chicken Bowl	
Mini Beef Bowl	
Mini Half/Half Bowl	

## Plates

Chicken Plate	
Beef Plate	
Chicken/Beef Plate	
Rib Plate	
Works Plate	