

# Weight Watchers

Item	Points
<i>Bowls</i>	
<i>Chicken Bowl</i>	
<b>Chicken/Veggie Bowl</b>	
<i>Beef Bowl</i>	
<b>Beef/Veggie Bowl</b>	
<i>Half/Half Bowl</i>	
<b>Works Bowl</b>	
<i>White Meat/Brown Rice</i>	
<i>Chicken Bowl</i>	
<b>Chicken/Veggie Bowl</b>	
<i>Beef Bowl</i>	
<b>Beef/Veggie Bowl</b>	
<i>Half/Half Bowl</i>	
<b>Works Bowl</b>	
<i>Mini Bowls</i>	
<i>Mini chicken Bowl</i>	
<b>Mini Beef Bowl</b>	
<i>Mini Half/Half Bowl</i>	
<i>Plates</i>	
<i>Chicken Plate</i>	
<b>Beef Plate</b>	
<i>Chicken/Beef Plate</i>	
<b>Rib Plate</b>	
<i>Works Plate</i>	

## Points Plus

Item	Points
<i>Bowls</i>	
<i>Chicken Bowl</i>	
<b>Chicken/Veggie Bowl</b>	
<i>Beef Bowl</i>	
<b>Beef/Veggie Bowl</b>	
<i>Half/Half Bowl</i>	
<b>Works Bowl</b>	
<i>Mini Bowls</i>	
<i>Mini Chicken Bowl</i>	
<b>Mini Beef Bowl</b>	
<i>Mini Half/Half Bowl</i>	
<i>Plates</i>	
<i>Chicken Plate</i>	
<b>Beef Plate</b>	
<i>Chicken/Beef Plate</i>	
<b>Rib Plate</b>	
<i>Works Plate</i>	