

Weight Watchers Smart Points

BREAKFAST

LUNCH

SNACKS

DINNER

MONDAY

Weight Watchers
Breakfast Casserole

Turkey Waldorf
Salad

Fresh Fruit

Slow Cooker Greek
Chicken & Instant Pot
Hummus

TUESDAY

Peanut Butter
Banana Smoothie

Pizza Grilled Cheese
& Salad

Skinny Blueberry
Lemon Muffin

Lightened Up
Homemade Lasagna

WEDNESDAY

Hard Boiled Egg, Fruit
& Yogurt

Healthy Tuna Salad

Fresh Fruit

Weight Watchers
Stuffed Peppers

THURSDAY

Weight Watchers
Breakfast Casserole

Black Bean Burgers

Baby Carrots &
Ranch Dip

Sticky Buffalo
Chicken & Roasted
Broccoli

FRIDAY

Weight Watchers
PopTarts

Weight Watchers
Pizza

Instant Pot Bread
Pudding

Weight Watchers Pot
Pie Casserole

SATURDAY

Hard Boiled Egg, Fruit
& Yogurt

Weight Watchers
Broccoli Cheddar
Soup

Weight Watchers
Donuts

Weight Watchers
Taco Casserole

SUNDAY

Weight Watchers
Pancakes & Bacon

Simple BLT Salad

Baby Carrots &
Ranch Dip

Skinny Hawaiian
Meatballs & Rice