

Mama Loves to Eat

WEIGHT WATCHERS MEAL PLAN

MONDAY

Tuna Noodle Casserole (5 points)
Steamed Broccoli (0 points)

TUESDAY

Chili Mac (6 points but can be made into a 1 point meal)
Cauliflower Tots

WEDNESDAY

BBQ Crispy Tofu Recipe (0 points)
Weight Watchers Cauliflower Fried Rice(1 point)

THURSDAY

Salsa Chicken (0 points)
Weight Watchers Cauliflower Fried Rice(1 point)

FRIDAY

Chili Cornbread Casserole (5 points)
Side salad with low point dressing

SATURDAY

Weight Watchers Pizza with Pepperoni (6 points)
Zucchini Fries (3 points)

SUNDAY

Weight Watchers Chicken Pot Pie
(8 points with crackers, 5 points without)

NOTES

SHOPPING LIST