

WW FREESTYLE SMARTPOINTS

PRINTABLE MEAL PLAN - WEEK 2

SLAPDASHMOM.COM



Breakfast
Burrito

3 ounces Grilled
Chicken Breast w/
Skinny Pea Salad

Skinny Chicken
Alfredo Pizza

Peanut Butter
Toast with Fresh
Fruit

Greek Chicken
Salad

Skinny Cheesy
Taco Pasta

2 Ingredient Bagel
with Cream
Cheese

Vegan Potato
Soup

Weight Watchers
Pot Pie

Strawberry Pina
Colada Smoothie

Healthy Tuna
Salad

Chicken Stir Fry
With ½ Cup Rice

Breakfast
Burrito

Chicken Taco
Soup with Saltines

Weight Watchers
Lasagna

Quiche

Turkey Wrap

Sweet & Sour
Meatballs w/ IP
Baked Beans

Hard boiled egg,
fresh fruit, and ½
cup ff plain yogurt

Chicken Taco
Soup with Saltines

Slow Cooker
Chicken Pasta
with Broccoli