



# PRINTABLE WEIGHT WATCHERS MEAL PLAN

## Breakfast

Quiche

Peanut Butter  
Toast with  
Fresh Fruit

2Ingredient  
Bagel with  
Cream Cheese

Raspberry  
Almond  
Oatmeal

Breakfast  
Burrito

Protein  
Shake

Hard Boiled  
Eggs, fresh fruit,  
1/2 cup nonfat  
plain yogurt

## Lunch

Grilled Chicken  
with  
Avocado Egg  
Salad

Greek Chicken  
Salad w/Gr.  
Chicken

Brocoli and  
Cheddar Soup

Healthy Tuna  
Salad

Chicken  
Taco Soup

Turkey Wrap

Turkey Chili

## Dinner

Deep Dish Pizza  
Casserole

Taco  
Casserole

WW  
Pot Pie

French Onion  
Chicken

WW  
Lasagna

AF Coconut  
Shrimp

Philly Cheese  
Pasta

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Don't forget to the join the Facebook group!