

# Weight Watchers Meal Plan

WEEK OF:

|    | BREAKFAST | LUNCH | DINNER | GROCERY LIST |
|----|-----------|-------|--------|--------------|
| MO |           |       |        |              |
| TU |           |       |        |              |
| WE |           |       |        |              |
| TH |           |       |        |              |
| FR |           |       |        |              |
| SA |           |       |        |              |
| SU |           |       |        |              |