

WEIGHT WATCHERS MEAL PLAN

MONDAY		TUESDAY	
BREAKFAST	Built Bar / Other Protein Bar	BREAKFAST	Pumpkin Muffins
LUNCH	Turkey Waldorf Salad	LUNCH	Kung Pao Chicken
DINNER	Air Fried Salmon	DINNER	Shrimp Cashew Stirfry
WEDNESDAY		THURSDAY	
BREAKFAST	Best Homemade Protein Shake	BREAKFAST	2 Ingredient Bagels
LUNCH	Spicy Tuna Salad	LUNCH	Stuffed Peppers
DINNER	Crack Chicken	DINNER	Tuna Steak
FRIDAY		SATURDAY	
BREAKFAST	Eggs, Turkey Bacon, and Applesauce	BREAKFAST	Breakfast Crepes with Berries
LUNCH	Chicken Taco Soup	LUNCH	Calzones
DINNER	Air Fryer Fried Chicken	DINNER	Instant Pot Turkey Breast
SUNDAY			
BREAKFAST	Rice Cake with Peanut Butter & Fresh Fruit		
LUNCH	Falafels		
DINNER	Air Fried Pork Chops		