

Item	Points
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BOWLS	
Chicken Bowl	12
Chicken/Veggie Bowl	10
Beef Bowl	12
Beef/Veggie Bowl	10
Half/Half Bowl	12
Works Bowl	12

WHITE MEAT/BROWN RICE	
Chicken Bowl	10
Chicken/Veggie Bowl	8
Beef Bowl	12
Beef/Veggie Bowl	10
Half/Half Bowl	11
Works Bowl	10

MINI BOWLS	
Mini Chicken Bowl	7
Mini Beef Bowl	7
Mini Half/Halw Bowl	7

PLATES	
Chicken Plate	17
Beef Plate	17
Chicken/Beef Plate	17
Rib Plate	14
Works Plate	16

Item	Points
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BOWLS	
Chicken Bowl	12
Chicken/Veggie Bowl	10
Beef Bowl	13
Beef/Veggie Bowl	11
Half/Half Bowl	11
Works Bowl	14

MINI BOWLS	
Mini Chicken Bowl	9
Mini Beef Bowl	9
Mini Half/Halw Bowl	9

PLATES	
Chicken Plate	17
Beef Plate	17
Chicken/Beef Plate	17
Rib Plate	14
Works Plate	16

Weight Watchers Points Plus Food List