

# Weight Watchers Points Plus

Item	Points
------	--------

## 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
------	--------

## 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