

FreeStyle Weight Watchers Menu Plan!

4 weeks of dinners that are all 8 points or less!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Broccoli & Beef Stir Fry 3 points	Instant Pot Chicken Tacos 4 points	Slow Cooker Beef Stew 3 points	Italian Chicken Noodle Soup 3 points	Cilantro Lime Chicken 1 point	Chicken Alfredo 6 points	Chimichangas 3 points
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Week 2	Baked Macaroni & Cheese with Broccoli 8 points	One Pot Black Pepper Chicken 4 points	Baked Chicken Fajita Tostadas 5 points	Shrimp & Chicken Jambalaya 4 points	Pepperoni Pizza Casserole 5 points	Chicken Quesadillas 5 points	Balsamic Brushetta Chicken 3 points
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Week 3	No Noodle Vegetable Lasagna 5 points	Chicken Taco Soup 0 points	Sesame Chicken 2 points	Slow Cooker Stuffed Peppers 5 points	Pork Chops 3 points	Homemade Chicken Noodle Soup 4 points	Meatloaf 4 points
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Week 4	Southern-Style Oven-Fried Chicken 3 points	Lo Mein 6 points	Chicken Enchilada Bake 4 points	Slow Cooker Tortellini Spinach Soup 5 points	Sweet & Sour Meatballs 2 points	Sticky Buffalo Chicken Tenders 5 points	Bacon Cheeseburger Wraps 8 points