

## MONDAY

### BREAKFAST

Zero Point Muffin Tin  
Eggs  
Fresh Fruit

### LUNCH

Shredded chicken,  
brown rice, and  
vegetables.

### DINNER

Zero Point Crockpot  
Bean Soup .

## TUESDAY

### BREAKFAST

Veggie Egg Scramble  
Homemade Turkey  
Sausage

### LUNCH

Vegan Vegetable  
Soup Recipe

### DINNER

Unstuffed Cabbage  
Roll Soup

## WEDNESDAY

### BREAKFAST

Oatmeal Breakfast  
Cookies  
Homemade Turkey  
Sausage

### LUNCH

Black Bean, Corn, and  
Avocado Salad with  
Tortilla Chips

### DINNER

Sticky Buffalo  
Tenders with  
Southwest Cream  
Corn and Veggie

## THURSDAY

### BREAKFAST

Peanut Butter  
Overnight Oats  
Fresh Fruit.

### LUNCH

White Bean Turkey  
Chili

### DINNER

Slow Cooker Butter  
Chicken with Brown  
Rice

## FRIDAY

### BREAKFAST

Apple Cinnamon  
Muffin with Fresh  
Fruit

### LUNCH

Grilled Shrimp with  
Salad Greens

### DINNER

Baked Chicken Fajitas  
and Homemade  
Refried Bean Dip with  
Chips.

# WEIGHT WATCHERS FREESTYLE MEAL PLAN



# Menu Recipe Watcher Weight

**AW Rasmussen**



**Menu Recipe Watcher Weight:**

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Witness the Wonders in **Menu Recipe Watcher Weight** . This immersive experience, available for download in a PDF format ( PDF Size: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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