

MEAL PLANNER FOR WEIGHT WATCHERS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

POINTS

POINTS

POINTS

POINTS

POINTS

POINTS

POINTS

LUNCH

POINTS

POINTS

POINTS

POINTS

POINTS

POINTS

POINTS

DINNER

POINTS

POINTS

POINTS

POINTS

POINTS

POINTS

POINTS

SNACKS

POINTS

POINTS

POINTS

POINTS

POINTS

POINTS

POINTS