

Weekly Meal Planner

	Breakfast	Lunch	Dinner	Dessert/snacks
	Bubble up breakfast casserole	Chicken sausage quesidilla	Bacon cheeseburger pie	Key lime pie/dessert
Sunday	Side fruit		Side salad with 1Tbsp dressing	
29 smart points				
25 points plus	6 smart points, 6 points plus	8 smart points, 7 points plus	9 smart points, 8 points plus	6 smart points, 4 points plus
	Breakfast	Lunch	Dinner	Snack
	Blueberry funfetti waffle	English muffin pizza, 2 tsp pizza sauce, 1/4 cup shredded light cheese, 6 slices pepperoni & veggies	Chicken fajita pasta bake	Banana s'mores
Monday	1/2 cup waffle mix, I use Kodiak cakes protein packed, 1/4 cup blueberries and 1/2Tbsp sprinkles	Yogurt	1.5 servings	Ice cream treat
27 smart points	Side fruit	Veggies & dip		
24 points plus	5 smart points, 5 points plus	8 smart points, 8 points plus	8 smart points, 8 points plus	6 smart points, 3 points plus
	Breakfast	Lunch	Dinner	Snack
	Banana cinnamon french toast	Chicken, bacon & ranch sandwich, 2oz shredded cooked chicken, 1 slice low point bacon, 2Tbsp light shredded cheese, 1/2Tbsp light ranch dressing	Taco Fiesta bubble up	Yogurt, berries & fiber 1 bar
Tuesday		Fruit	1.5 servings	Crackers (of choice)
31 smart points				
27 points plus	6 smart points, 5 points plus	5 smart points, 6 points plus	10 smart points, 9 points plus	10 smart points, 7 points plus
	Breakfast	Lunch	Dinner	Snack
	Greek yogurt, berries and cereal	Cream cheese banana rolls, 1Tbsp light cream cheese	Corn flake chicken, rice and veggies	PB&J banana
Wednesday	1/2 cup multi-grain cheerios	Apple with caramel		2 Strawberry banana greek yogurt muffins
29 smart points	Granola bar (of choice)			
26 points plus	9 smart points, 6 points plus	7 smart points, 5 points plus	7 smart points, 9 points plus	6 smart points, 6 points plus
	Breakfast	Lunch	Dinner	Snack
	Oatmeal chocolate chip pancakes	Buffalo chicken roll ups, 10 pieces	Meat lovers bubble up	Frozen yogurt buttons
Thursday	Fruit	Yogurt	Side salad with 1Tbsp dressing	Pineapple/cinnamon-sugar

29 smart points		Fruit		
27 points plus	8 smart points, 7 points plus	9 smart points, 9 points plus	9 smart points, 9 points plus	3 smart points, 2 points plus
	Breakfast	Lunch	Dinner	Snack
	Toasted english muffin, banana slices, melted peanut butter, mini chocolate chips	BLT bagel thin	Taco pizza	S'mores toast
Friday	Apple slices	Yogurt		Ice cream treat
34 smart points		Fruit		
28 points plus	6 smart points, 5 points plus	9 smart points, 8 points plus	12 smart points, 10 points plus	7 smart points, 5 points plus
	Breakfast	Lunch	Dinner	Snack
	Chicken sausage cooked with pineapple	Toasted english muffin, jam, strawberries and mini chocolate chips	Chicken pot pie casserole	Yogurt with toppings
Saturday	1 cup hash browns cooked with peppers & onions	Banana & cinnamon	2 servings	Fruit, cool whip, mini chocolate chips
32 smart points	Fruit			
27 points plus	8 smart points, 7 points plus	6 smart points, 6 points plus	10 smart points, 8 points plus	8 smart points, 6 points plus