

# instant pot

## weight watchers meal plan

### monday

BREAKFAST

LUNCH

DINNER

*Smart Points:*

*Smart Points:*

*Smart Points:*

### tuesday

BREAKFAST

LUNCH

DINNER

*Smart Points:*

*Smart Points:*

*Smart Points:*

### wednesday

BREAKFAST

LUNCH

DINNER

*Smart Points:*

*Smart Points:*

*Smart Points:*

### thursday

BREAKFAST

LUNCH

DINNER

*Smart Points:*

*Smart Points:*

*Smart Points:*

### friday

BREAKFAST

LUNCH

DINNER

*Smart Points:*

*Smart Points:*

*Smart Points:*