

instant pot

weight watchers meal plan

monday

BREAKFAST

Breakfast Casserole
Smart Points: 5

LUNCH

Chicken Chipotle Tacos
Smart Points: 3

DINNER

Chicken Stew
Smart Points: 3

tuesday

BREAKFAST

Sous Vide Egg Bits
Smart Points: 5

LUNCH

Stuffed Pepper Soup
Smart Points: 3

DINNER

Pork Carnitas
Smart Points: 3

wednesday

BREAKFAST

Peaches & Cream Oatmeal
Smart Points: 6

LUNCH

Shrimp & Rice
Smart Points: 5

DINNER

Skinny Steak Soup
Smart Points: 3

thursday

BREAKFAST

Egg Frittata
Smart Points: 8

LUNCH

Curry Pumpkin Soup
Smart Points: 4

DINNER

Lamb Curry Stew
Smart Points: 5

friday

BREAKFAST

Apple Cinnamon Oatmeal
Smart Points: 5

LUNCH

Burrito Bowl
Smart Points: 3

DINNER

Turkey Burger Macaroni
Smart Points: 8