



Weight Watchers Diabetes Points 1500 Calorie Plan

Seattle Sutton's Healthy Eating recommends the addition of 3 servings of non- or low-fat dairy per day on the 1500 calorie meal plan.
Skim milk = 3 points, Fat-free Yogurt = 2 points, Low-fat Cottage Cheese = 2 points, Low-fat string cheese = 2 points.

Week of 04/21

Meal	Pts
Biscuits & Sausage Gravy	15
Open-Faced Omelet	9
Chocolate Crepe & Strawberry	20
Blueberry Smoothie Bowl	14
Moroccan Kofta Bowl	15
Baja Tinga Wrap	9
Margherita Pizza	8
Egg Salad on Croissant	11
Turk'y in Dijon Cream Sauce	10
Parmesan Crusted Chick'n	10
Sweet & Sour Tofu	18
Nona Sutton's Lasagna	13
Egg Fonduta	9
Wild Blackberry Parfait	12
Cheesecake French Toast	10
Vegetables & Dumplings	9
3-Bean Chili	17
El Pastor Bowl	6
Tandoori Veggie Rice Bowl	7
Rustic Zucchini Cavatappi	13
Black Bean Enchilada Bake	14

Week of 04/28

Meal	Pts
Peach Berry Blintz	16
Ciabatta Egg Sandwich	8
Cheesy Baked Egg Casserole	13
Strawberry Chia Oatmeal	10
Honey Tempeh Salad	9
Lou's Bleu Veggie Burger	16
Curry Chickpea Salad	14
Tuscan Bean Soup & Crostata	10
Chile Cazuela & Spanish Rice	12
Penne "Vodka" Meatballs	11
Homestyle Mac & Cheese	16
Primavera Alfredo	10
Spinach & Cheese Frittata	8
Berry Colada Parfait	7
Hashbrown Casserole	8
Spinach-Artichoke Pizza	16
Pear & Gorgonzola Salad	11
Broccoli Cheddar Soup	13
Chick'n Carnitas	9
Eggplant Parmesan	7
Chickpea & Feta Patty	14

Week of 05/05

Meal	Pts
Egg & Feta Tart	12
Bacon & Cheddar Clafoutis	12
Morning Protein Plate	10
Bacon & Egg Bagel Sandwich	8
Chipotle Black Bean Burger	19
Falafel Bowl	13
Pecan Cranberry Salad	14
Pumpkin Bisque	17
BBQ Meatloaf & Mash	14
Tortellini Pomodoro	9
Lentil Matzo Ball Soup	14
Cajun Tofu Etouffee	14
Sunrise Pizza	5
Cranberry Oat Bar	16
Cheesy Egg Strata	9
Croque Monsieur	11
Caesar Salad	13
Bonsai Bowl	18
Swedish Meatballs	9
Butternut Squash Ravioli	13
Pasta Verde Durango	10

Week of 05/12

Meal	Pts
Wheat Croissant Figs and Brie	12
Superfood French Toast	16
Swiss Cheese Egg Bake	6
Potato Pancakes	10
Broccoli Cheddar Fritter	10
Mediterranean Lunch Box	13
Loaded Quesadilla & Soup	15
Sweet Potato-Poppy Salad	12
Capri-Style Roasted Eggplant	7
Butternut Orzo Bake	13
Pierogi in Tomato Gravy	18
Southwestern Pilaf	18
Breakfast Casserole	12
Strawberry Poppyseed Bread	12
Cowboy Skillet	6
Gemelli Pasta Salad	16
Veggie Melt	8
Acapulco Taco Pie	11
Marry Me Pasta	13
Picadillo Cubano	10
Pesto Cream Penne	8

Week of 05/19

Meal	Pts
Breakfast Taco	7
Chocolate Pancake	19
Blueberry Almond Torta	14
Open-Faced BF Sandwich	10
Tex-Mex Black Bean Taco	14
Loaded Potato Soup	13
Smoky Chick'n Salad Pita	9
Fresh Fruit & Cottage Cheese	9
Lentil Bolognese	12
Thai Coconut Curry	17
Sundried Tomato Flatbread	11
Vegetarian Salisbury Steak	7
Chocolate Chia Bowl	12
Bircher Muesli and Pears	19
Avocado Toast	5
Landry Bay Zucchini Cakes	14
Chickpea Cobb Salad	4
BBQ Pizza	13
Vegetable Fricassee	10
Traditional Cottage Pie	7
Honey Garlic Chickpea Bowl	13