



Weight Watchers Points 2000 Calorie Plan

Seattle Sutton's Healthy Eating recommends the addition of 3 servings of low-fat dairy per day on the 2000 calorie meal plan.
Low-fat milk = 5 points, Low-free Yogurt = 4 points, Low-fat Cottage Cheese = 2 points, Low-fat string cheese = 2 points

Week of 04/21

Meal	Pts
Biscuits & Sausage Gravy	11
Open-Faced Omelet	7
Chocolate Crepe & Strawberry	18
Blueberry Smoothie Bowl	17
Moroccan Chicken Skewers	10
Baja Tinga Wrap	11
Margherita Pizza	21
Chicken Salad Croissant	11
Crab Stuffed Flounder	9
Turkey in Dijon Cream Sauce	14
Sweet & Sour Chicken	21
Nona Sutton's Lasagna	13
Egg Fonduta	10
Wild Blackberry Parfait	11
Cheesecake French Toast	16
Chicken & Dumplings	9
Chili Con Carne	16
El Pastor Bowl	8
Tandoori Shrimp Bowl	9
Rustic Zucchini Cavatappi	18
Chicken Enchilada Bake	16

Week of 04/28

Meal	Pts
Peach Berry Blintz	16
Ciabatta Egg Sandwich	10
Cheesy Baked Egg Casserole	11
Strawberry Chia Oatmeal	14
Honey Shrimp Salad	8
Lou's Bleu Burger	8
Curry Chicken Salad	16
Tuscan Bean Soup & Crostata	14
Chile Cazuela & Spanish Rice	19
Penne "Vodka" Meatballs	12
BBQ Chicken	16
Chicken Fettucine Alfredo	10
Spinach & Cheese Frittata	7
Berry Colada Parfait	6
Hashbrown Casserole	8
Spinach-Artichoke Pizza	23
Pear & Gorgonzola Salad	15
Broccoli Cheddar Soup	20
Chicken Carnitas	4
Chicken Cacciatore	7
Cider Salmon	18

Week of 05/05

Meal	Pts
Egg & Feta Tart	17
Bacon & Cheddar Clafoutis	13
Morning Protein Plate	15
Bacon & Egg Bagel Sandwich	9
Chipotle Black Bean Burger	17
Chicken Gyro Bowl	16
Pecan Cranberry Salad	17
Homestyle Turkey Sandwich	14
BBQ Meatloaf & Mash	22
Tortellini Pomodoro	13
Chicken Matzo Ball Soup	18
Cajun Shrimp Etouffee	14
Sunrise Pizza	13
Cranberry Oat Bar	16
Cheesy Egg Strata	12
Caesar Salad	16
Croque Monsieur	15
Bonsai Salmon Bowl	19
Swedish Meatballs	14
Butternut Squash Ravioli	18
Pasta Verde Durango	13

Week of 05/12

Meal	Pts
Wheat Croissant with Brie	24
Superfood French Toast	15
Swiss Cheese Egg Bake	10
Potato Pancakes	13
Broccoli Cheddar Fritter	14
Mediterranean Lunch Box	16
Loaded Quesadilla & Soup	15
Poppyseed Chicken Salad	14
Capri Chicken	10
Turkey Orzo Bake	12
Pierogi in Tomato Gravy	18
Grilled Salmon	13
Breakfast Casserole	16
Strawberry Poppyseed Bread	14
Cowboy Skillet	11
Gemelli Pasta Salad	21
Tuna Melt	13
Acapulco Taco Pie	15
Marry Me Chicken	19
Picadillo Cubano	15
Pesto Cream Penne	14

Week of 05/19

Meal	Pts
Breakfast Taco	11
Chocolate Pancake	21
Blueberry Almond Torta	17
Open-Faced BF Sandwich	11
Tex-Mex Fish Taco	15
Loaded Potato Soup	13
Smoky Chicken Salad Pita	11
Fresh Fruit & Cottage Cheese	13
Lentil Bolognese	15
Thai Coconut Chicken	20
Sundried Tomato Flatbread	17
Salisbury Steak	15
Chocolate Chia Bowl	18
Bircher Muesli and Pears	18
Avocado Toast	14
Landry Bay Crab Cakes	14
Turkey Cobb Salad	9
BBQ Pizza	14
Chicken Fricassee	14
Traditional Cottage Pie	13
Honey Garlic Chicken Bowl	17