



Weight Watchers Diabetes Points 1200 Calorie Plan

Seattle Sutton's Healthy Eating recommends the addition of 2 servings of non-fat dairy per day on the 1200 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	8
Open-Faced Omelet	5
Chocolate Crepe & Strawberry	10
Blueberry Smoothie Bowl	11
Moroccan Chicken Skewers	5
Baja Tinga Wrap	9
Margherita Pizza	8
Chicken Salad on Croissant	10
Roast Turkey in Dijon Cream	5
Crab-Stuffed Flounder	6
Sweet & Sour Chicken	15
Nona Sutton's Lasagna	10
Egg Fonduta	7
Wild Blackberry Parfait	11
Cheesecake French Toast	10
Chicken & Dumplings	9
Chili Con Carne	11
El Pastor Bowl	5
Tandoori Shrimp Bowl	6
Rustic Zucchini Cavatappi	10
Chicken Enchilada Bake	8

Week of 04/28

Meal	Pts
Peach Berry Blintz	12
Ciabatta Egg Sandwich	7
Cheesy Baked Egg Casserole	8
Strawberry Chia Oatmeal	10
Honey Shrimp Salad	8
Lou's Bleu Burger	10
Curry Chicken Salad	13
Tuscan Bean Soup & Crostata	6
Chile Cazuela & Spanish Rice	7
Penne "Vodka" Meatballs	11
Honey Peach BBQ Chicken	10
Chicken Linguini Alfredo	8
Spinach & Cheese Frittata	5
Berry Colada Parfait	7
Hashbrown Casserole	5
Spinach-Artichoke Pizza	16
Pear & Gorgonzola Salad	11
Broccoli Cheddar Soup	13
Chicken Carnitas	4
Chicken Cacciatore	7
Cider Salmon	13

Week of 05/05

Meal	Pts
Egg & Feta Tart	9
Bacon & Cheddar Clafoutis	8
Morning Protein Plate	10
Bacon & Egg Bagel Sandwich	7
Chipotle Black Bean Burger	13
Chicken Gyro Bowl	9
Pecan Cranberry Salad	14
Homestyle Turkey Sandwich	10
BBQ Meatloaf & Mash	10
Tortellini Pomodoro	9
Chicken Matzo Ball Soup	14
Cajun Shrimp Etoufee	7
Sunrise Pizza	5
Cranberry Oat Bar	10
Cheesy Egg Strata	7
Caesar Salad	11
Croque Monsieur	9
Bonsai Salmon Bowl	8
Swedish Meatballs	10
Butternut Squash Ravioli	13
Pasta Verde Durango Turkey	7

Week of 05/12

Meal	Pts
Wheat Croissant with Brie	12
Superfood French Toast	8
Swiss Cheese Egg Bake	6
Potato Pancakes	10
Broccoli Cheddar Fritter	10
Mediterranean Lunch Box	8
Loaded Quesadilla & Soup	9
Pecan & Poppy Chicken Salad	9
Capri Chicken	9
Turkey Orzo Bake	9
Pierogis in Tomato Gravy	9
Salmon with Dill Sauce	7
Breakfast Casserole	12
Strawberry Poppyseed Bread	11
Cowboy Skillet	6
Gemelli Pasta Salad	16
Tuna Melt	7
Acapulco Taco Pie	10
Marry Me Chicken	14
Picadillo Cubano	10
Pesto Cream Penne	8

Week of 05/19

Meal	Pts
Breakfast Taco	7
Chocolate Pancake	11
Blueberry Almond Torta	12
Open-Faced BF Sandwich	9
Tex-Mex Fish Taco	10
Loaded Potato Soup	12
Smoky Chicken Salad Pita	8
Fresh Fruit & Cottage Cheese	6
Lentil Bolognese	10
Thai Coconut Chicken	14
Sundried Tomato Flatbread	11
Salisbury Steak	7
Chocolate Chia Bowl	10
Bircher Muesli and Pears	16
Avocado Toast	5
Landry Bay Crab Cakes	12
Turkey Cobb Salad	6
BBQ Chicken Pizza	8
Chicken Fricassee	7
Traditional Cottage Pie	9
Honey Garlic Chicken Bowl	12