



Weight Watchers 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	7
Open-Faced Omelet	4
Chocolate Crepe & Strawberry	9
Blueberry Smoothie Bowl	10
Moroccan Chicken Skewers	5
Baja Tinga Wrap	8
Margherita Pizza	8
Chicken Salad on Croissant	9
Roast Turkey in Dijon Cream	5
Crab-Stuffed Flounder	6
Sweet & Sour Chicken	14
Nona Sutton's Lasagna	10
Egg Fonduta	7
Wild Blackberry Parfait	10
Cheesecake French Toast	9
Chicken & Dumplings	8
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	11
Ciabatta Egg Sandwich	7
Cheesy Baked Egg Casserole	7
Strawberry Chia Oatmeal	9
Honey Shrimp Salad	7
Lou's Bleu Burger	9
Curry Chicken Salad	12
Tuscan Bean Soup & Crostata	5
Chile Cazuela & Spanish Rice	7
Penne "Vodka" Meatballs	10
Honey Peach BBQ Chicken	10
Chicken Linguini Alfredo	8
Spinach & Cheese Frittata	4
Berry Colada Parfait	6
Hashbrown Casserole	4
Spinach-Artichoke Pizza	15
Pear & Gorgonzola Salad	10
Broccoli Cheddar Soup	12
Chicken Carnitas	4
Chicken Cacciatore	7
Cider Salmon	12

Week of 05/05

Meal	Pts
Egg & Feta Tart	8
Bacon & Cheddar Clafoutis	8
Morning Protein Plate	9
Bacon & Egg Bagel Sandwich	6
Chipotle Black Bean Burger	13
Chicken Gyro Bowl	8
Pecan Cranberry Salad	13
Homestyle Turkey Sandwich	9
BBQ Meatloaf & Mash	10
Tortellini Pomodoro	8
Chicken Matzo Ball Soup	14
Cajun Shrimp Etoufee	7
Sunrise Pizza	4
Cranberry Oat Bar	8
Cheesy Egg Strata	6
Caesar Salad	11
Croque Monsieur	9
Bonsai Salmon Bowl	8
Swedish Meatballs	9
Butternut Squash Ravioli	13
Pasta Verde Durango Turkey	7

Week of 05/12

Meal	Pts
Wheat Croissant with Brie	12
Superfood French Toast	7
Swiss Cheese Egg Bake	5
Potato Pancakes	9
Broccoli Cheddar Fritter	9
Mediterranean Lunch Box	8
Loaded Quesadilla & Soup	9
Pecan & Poppy Chicken Salad	8
Capri Chicken	9
Turkey Orzo Bake	9
Pierogi in Tomato Gravy	9
Salmon with Dill Sauce	7
Breakfast Casserole	11
Strawberry Poppyseed Bread	10
Cowboy Skillet	5
Gemelli Pasta Salad	15
Tuna Melt	6
Acapulco Taco Pie	9
Marry Me Chicken	13
Picadillo Cubano	9
Pesto Cream Penne	8

Week of 05/19

Meal	Pts
Breakfast Taco	6
Chocolate Pancake	10
Blueberry Almond Torta	11
Open-Faced BF Sandwich	8
Tex-Mex Fish Taco	9
Loaded Potato Soup	11
Smoky Chicken Salad Pita	7
Fresh Fruit & Cottage Cheese	5
Lentil Bolognese	8
Thai Coconut Chicken	13
Sundried Tomato Flatbread	11
Salisbury Steak	7
Chocolate Chia Bowl	9
Bircher Muesli and Pears	15
Avocado Toast	4
Landry Bay Crab Cakes	11
Turkey Cobb Salad	6
BBQ Chicken Pizza	8
Chicken Fricassee	7
Traditional Cottage Pie	9
Honey Garlic Chicken Bowl	11