



Weight Watchers Diabetes 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	12
Open-Faced Omelet	11
Chocolate Crepe & Strawberry	20
Blueberry Smoothie Bowl	18
Moroccan Chicken Skewers	10
Baja Tinga Wrap	12
Margherita Pizza	21
Chicken Salad Croissant	12
Crab Stuffed Flounder	9
Turkey in Dijon Cream Sauce	15
Sweet & Sour Chicken	22
Nona Sutton's Lasagna	14
Egg Fonduta	11
Wild Blackberry Parfait	12
Cheesecake French Toast	17
Chicken & Dumplings	10
Chili Con Carne	17
El Pastor Bowl	10
Tandoori Shrimp Bowl	9
Rustic Zucchini Cavatappi	18
Chicken Enchilada Bake	16

Week of 04/28

Meal	Pts
Peach Berry Blintz	18
Ciabatta Egg Sandwich	11
Cheesy Baked Egg Casserole	12
Strawberry Chia Oatmeal	15
Honey Shrimp Salad	10
Lou's Bleu Burger	10
Curry Chicken Salad	17
Tuscan Bean Soup & Crostata	14
Chile Cazuela & Spanish Rice	20
Penne "Vodka" Meatballs	12
BBQ Chicken	16
Chicken Fettucine Alfredo	10
Spinach & Cheese Frittata	8
Berry Colada Parfait	8
Hashbrown Casserole	9
Spinach-Artichoke Pizza	18
Pear & Gorgonzola Salad	16
Broccoli Cheddar Soup	20
Chicken Carnitas	4
Chicken Cacciatore	7
Cider Salmon	18

Week of 05/05

Meal	Pts
Egg & Feta Tart	18
Bacon & Cheddar Clafoutis	14
Morning Protein Plate	18
Bacon & Egg Bagel Sandwich	10
Chipotle Black Bean Burger	19
Chicken Gyro Bowl	17
Pecan Cranberry Salad	19
Homestyle Turkey Sandwich	16
BBQ Meatloaf & Mash	22
Tortellini Pomodoro	14
Chicken Matzo Ball Soup	19
Cajun Shrimp Etouffee	15
Sunrise Pizza	14
Cranberry Oat Bar	17
Cheesy Egg Strata	13
Caesar Salad	17
Croque Monsieur	16
Bonsai Salmon Bowl	20
Swedish Meatballs	14
Butternut Squash Ravioli	18
Pasta Verde Durango	13

Week of 05/12

Meal	Pts
Wheat Croissant with Brie	25
Superfood French Toast	16
Swiss Cheese Egg Bake	11
Potato Pancakes	14
Broccoli Cheddar Fritter	15
Mediterranean Lunch Box	16
Loaded Quesadilla & Soup	15
Poppyseed Chicken Salad	14
Capri Chicken	11
Turkey Orzo Bake	13
Pierogi in Tomato Gravy	18
Grilled Salmon	14
Breakfast Casserole	17
Strawberry Poppyseed Bread	15
Cowboy Skillet	12
Gemelli Pasta Salad	22
Tuna Melt	13
Acapulco Taco Pie	15
Marry Me Chicken	19
Picadillo Cubano	15
Pesto Ceram Penne	14

Week of 05/19

Meal	Pts
Breakfast Taco	12
Chocolate Pancake	22
Blueberry Almond Torta	17
Open-Faced BF Sandwich	12
Tex-Mex Fish Taco	16
Loaded Potato Soup	13
Smoky Chicken Salad Pita	12
Fresh Fruit & Cottage Cheese	15
Lentil Bolognese	15
Thai Coconut Chicken	21
Sundried Tomato Flatbread	17
Salisbury Steak	15
Chocolate Chia Bowl	20
Bircher Muesli and Pears	19
Avocado Toast	16
Landry Bay Crab Cakes	14
Turkey Cobb Salad	10
BBQ Pizza	14
Chicken Fricassee	14
Traditional Cottage Pie	13
Honey Garlic Chicken Bowl	17