

## Menu Plan: Week of August 9, 2020



GUYS: There's PASTA on my menu plan this week and I am HERE for it!  
Here's what else I've included in my menu plan:

- Diversity in the type of cuisine and proteins (4 each per week)
- Snacks with some protein - meat or cheese or almonds
- A menu that includes cheese, cocktails, and lattes
- Lunch recipes I can eat 2-3 times so I'm not spending all week cooking

A screenshot of a menu plan table with columns for Breakfast, Lunch, Dinner, Snacks, and Drinks. The table contains various recipes and ingredients for each meal type.

I've based the menu on the current #MyWW blue approach and my minimum Points allowance per day.

This week's recipes:

- <https://www.weightwatchers.com/us/recipe/blt-and-egg-breakfast-salad/5a81f1d61429b27ce0aaf533>
- <https://emilybites.com/2016/12/apple-cheddar-turkey-wraps.html>
- <https://drizzlemeskinny.com/slow-cooker-chicken-taco-soup/>
- <https://www.skinnytaste.com/air-fryer-salmon-with-maple-soy-glaze/>
- <https://www.dwardcooks.com/baked-beef-empanadas/>
- <http://www.ifyouhaveanegg.com/greek-grilled-chicken-salad-7-weight-watchers-smart-points-value/>
- <https://mealplanningmommies.com/autumn-apple-and-onion-pork-chops-recipe/>
- <https://www.slenderkitchen.com/recipe/healthy-kung-pao-chicken> <https://www.skinnytaste.com/spaghetti-carbonara/>