

WW Freestyle Menu Plan - Week 1



Hey hey, friends! Happy Sunday!

I'm super excited to share these weekly meal plans with you! For me, menu planning enables me to plan for the meals and foods I love so I never feel deprived, which helps me stay on track! I've always been a planner, and this truly takes my planner vibe to the next level!

Each Sunday I'll publish a new WW Freestyle-friendly menu plan, and each will include the following:

- Adherence to a 23 Daily Point goal, so you can choose how to work your weeklies!
- At least 6 WW-friendly recipes
- At least 4 different proteins
- At least 2 options for takeout or dining out
- Tons of fun ways to fit in snacks, cocktails, and dessert!

These menu plans are meant to inspire you. Feel free to mix and match, and adjust according to your own preferences or lifestyle!

Feel free to pin this post, save this image, or download the menu plan at the link below to save for future reference!

Trading Cardio for Cosmos Weekly Menu Plan: Week of January 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	SkinnysDish Cheesy Sausage Hashbrown Bake (8), apple, coffee with FF 1/2 & 1/2 (1)	WW Chocolate Peanut Butter Banana Overnight Oats (5), coffee with FF 1/2 & 1/2 (1)	SkinnysDish Cheesy Sausage Hashbrown Bake (8), apple, coffee with FF 1/2 & 1/2 (1)	WW Chocolate Peanut Butter Banana Overnight Oats (5), coffee with FF 1/2 & 1/2 (1)	SkinnysDish Cheesy Sausage Hashbrown Bake (8), apple, coffee with FF 1/2 & 1/2 (1)	Banana, apple, oat coffee	*single egg white omelette, english muffin (4), coffee with FF 1/2 & 1/2 (1)
Snack	Apple, grapes	Orange	Apple, grapes	Orange	Apple, grapes	Orange, grapes	N/A
Lunch	Real Moms Taco Soup (1) and salad with LF dressing (1)	Emily Blise Cajun Turkey Club Sandwich (5), salad with LF dressing (1)	Real Moms Taco Soup (1) and salad with LF dressing (1)	Emily Blise Cajun Turkey Club Sandwich (5), salad with LF dressing (1)	Lunch Out: Miss Soup (1), sunny buns roll (8), yellowtail with scallop (5)	3 can Progress Chicken & orzo with lemon soup (4), cow veggies	Brush Out: 2 med over easy, 1/2c hashbrowns (5), Dane eye beer (5), Bloody Mary (5)
Snack	Cucumber, Peppers and 2Tbsp Tzatziki (1)	VT Smoke stick (1), cheese stick (1)	Cucumber, Peppers and 2Tbsp Tzatziki (1)	VT Smoke stick (1), cheese stick (1)	Cucumber, Peppers and 2Tbsp Tzatziki (1)	2 hardboiled eggs	Banana, orange
Dinner	Roast chicken drumstick & thigh risotto (7), 3oz mashed potatoes (2) with 1Tbsp olive oil (1), roasted asparagus with parmesan cheese (1)	2 fish tacos (8), shepherd's pie vegetarian mushrooms, onions, peppers with taco seasoning (1)	SkinnysDish Skirt Steak, Sauté Chip & Zucchini Stir Fry (8) Beer red wine (5)	Lowcarb Smothered Pork Chops (8), laminated spinach and olive wild rice (3)	Grilled chicken breast with veggies, beer red wine (5)	Dinner Out: Linguine with white clam sauce (1), salad with balsamic and 1Tbsp olive oil (1), Compagnon (7)	Baked white fish with salsa verde, roasted peppers and onions, Alaska sweet potato fries (8)
Snack	Orange	100 calorie bag of Skinnys (8)	Orange	Apple	Orange	N/A	Apple

Sign up for emails at [cardioforcosmos.com](#) and receive these menu plans delivered to your inbox every Sunday!

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This week's recipes include:

[The Skinnyish Dish Cheesy Sausage Hash Brown Casserole](#)]

[WW's Chocolate Peanut Butter Banana Overnight Oats](#)]

[Emily Bites Cajun Turkey Club Sandwich](#)]

[Real House Mom's WW Taco Soup](#)]

[Skinnytaste's Skirt Steak, Bok Choy & Zucchini Stir-Fry](#)]

[LaaLoosh's Smothered Pork Chops](#)]

What do you think? Which day or meal is your favorite?