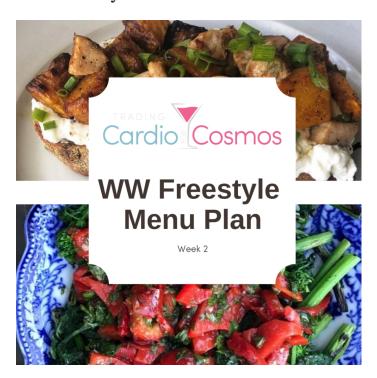
## WW Freestyle Menu Plan - Week 2



Hey hey, friends! Happy Sunday!

I'm SO glad to know these menu plans are helpful! Thank you so much for your support, and please - keep sharing them with your friends, family, and your online Tribes!

These 25 Slow Cooker Recipes are the perfect for those weeknights when you need dinner ready fast!]

Each Sunday I 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! Interesting and easy-to-make 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!



<u>Trading Cardio for Cosmos Weekly Menu Plan - Week 2</u>]

This week's recipes include:

Emily Bites Sausage, Pepper and Egg Bake]

Skinnytaste Greek Chickpea Salad]

Simple Nourished Living Red Lentil Soup with Lemon]

The Skinnyish Dish Chicken Street Tacos

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