

## 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!**

Trading Cardio for Cosmos Weekly Menu Plan: Week of January 13

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Emily Bites Chicken Sausage Egg Bake (2), apple, coffee with FF 1/2 and 1/2 (1)	2 hard-boiled eggs (2), banana, coffee with FF 1/2 and 1/2 (1)	Emily Bites Chicken Sausage Egg Bake (2), apple, coffee with FF 1/2 and 1/2 (1)	2 hard-boiled eggs (2), apple, coffee with FF 1/2 and 1/2 (1)	Emily Bites Chicken Sausage Egg Bake (2), apple, coffee with FF 1/2 and 1/2 (1)	Veggie egg white omelette, 2 ppc rice Toast (5), coffee with FF 1/2 and 1/2 (1)	Banana, Apple
<b>Snack</b>	Orange, cheese stick (1)	Grapes	Orange, cheese stick (1)	Grapes	Orange, cheese stick (1)	Apple	Navel Orange
<b>Lunch</b>	SNL Spicy Red Lentil Soup (1) and Salad with LF dressing (1)	Skinnytaste Greek Chicken Salad (6)	SNL Spicy Red Lentil Soup (1) and Salad with LF dressing (1)	Skinnytaste Greek Chicken Salad (6)	Lunch Out: Sweet & Sour Soup (2) with sautéed shrimp & broccoli (1)	Turkey wrap with mustard and pickles (2), Peanut Thins (4)	Brevith Out: 2 poached eggs, sautéed spinach, 2 jcc taylor ham (1), english muffin (4), Muesli (4)
<b>Snack</b>	Bala Bing Beans (2), apple	V1 Smoke stick (1), cheese stick (1)	Bala Bing Beans (2), apple	V1 Smoke stick (1), cheese stick (1)	Bala Bing Beans (2), Apple	Banana	Grapes
<b>Dinner</b>	Pork chops (7), roasted broccoli, salad with olives and LF dressing (2) (5)	3 SkinnyishDish Chicken Street Tacos (5) with chile (4) and salsa, 1 Skinny Margarita (5)	Shrimp, Asparagus, Lemons, Potatoes, Sheetpan Meal (6), Salad with olives and LF dressing (2)	Beef Stir-Fry (8) with Korean BBQ sauce (2), Soe red wine (4)	Naan pizza (8), salad with olives and LF dressing (2), Soy red wine (4)	Dinner Out: Grilled white fish with Zup (1), roasted green beans, salad with LF dressing (1), Cornucopifan (7)	Acc beef short ribs (1), roasted Brussels with lemon zest, roasted mushrooms with rosemary
<b>Snack</b>	Banana with Berry Butter (5)	Clementine	Goodies Kiwi Bar (7)	Banana	Clementine	Clementine	100 calorie bag of SkinnyPop (3)

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

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**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?**