

## WW Freestyle Menu Plan - Week 4



Hey hey, friends! Happy Sunday!

**GUYS - where did January go? I can't believe we're already four weeks into 2019! Are you thinking about how you'll celebrate Superbowl Sunday next week? Check out these [28 "Super" Appetizer Recipes](#) that are great for every tailgate party!]**

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 27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Skinnypaste Banana Toast with Lemon & Kale (S), Coffee with FF 1/2 & 1/2 (S)	Skinnypaste Skinnypaste Egg Salad on LF english muffin (S), banana	Skinnypaste Banana Toast with Lemon & Kale (S), Coffee with FF 1/2 & 1/2 (S)	Skinnypaste Skinnypaste Egg Salad on LF english muffin (S), banana	Skinnypaste Skinnypaste Egg Salad on LF english muffin (S), banana	2 hardboiled eggs, banana, coffee with FF 1/2 & 1/2 (S)	Veggie Frittata, LF english muffin (S), coffee with FF 1/2 & 1/2 (S)
<b>Snack</b>	Banana	Apple	Banana	Apple	Apple	Apple	Banana
<b>Lunch</b>	OMG Skinny Southwest Chicken Soup (S), salad with LF dressing (S)	Smily Bites Sweet & Tender Grilled Chicken Sandwich (S), Potatoes (S)	OMG Skinny Southwest Chicken Soup (S), salad with LF dressing (S)	Smily Bites Sweet & Tender Grilled Chicken Sandwich (S), Potatoes (S)	Smily Bites Sweet & Tender Grilled Chicken Sandwich (S), Potatoes (S)	Smily Bites Sweet & Tender Grilled Chicken Sandwich (S), Potatoes (S)	Smily Bites Sweet & Tender Grilled Chicken Sandwich (S), Potatoes (S)
<b>Snack</b>	Salina Spicy Quao Single (S), raw veggies	Englightened Bada Ring Beans (S), onionapple chunks	Salina Spicy Quao Single (S), raw veggies	Englightened Bada Ring Beans (S), onionapple chunks	Raw veggies	Raw veggies	100 calorie Skinnypaste (S)
<b>Dinner</b>	Skinnypaste Garlicy Cuban Pork (S), 1/2z wild rice (S), side salad with olive oil and LF dressing (S)	99% Fat Turkey Focaccia with 2 Oat (S) Peanut Chipp Steak (S), 1/4z LF cheddar (S), 2Tbsp LF sour cream (S)	Hungry Girl Mediterranean Shrimp & Veggies (S), salad with olive oil and LF dressing (S), rice casseroles (S)	Grilled Murray's teriyaki grigio chicken breast (S), korean bbq sauce (S)	Grilled sea bass filet with lemon-chive sauce (S), sauteed ziti, parmesan cheese (S), rice (S), 1/2z white rice (S)	Smiley Bites Sweet (S), salad with olive oil and multigrain-seed sauce (S), sauteed veggies (S), Martini dressing (S), rice casseroles (S)	WW Leabster Roll (S), side salad with olive oil and LF dressing (S), rice casseroles (S)
<b>Snack</b>	1/2 green yogurt with no-sugar add'd cherries	Apple	1/2 green yogurt with no-sugar add'd cherries	1/2 green yogurt with no-sugar add'd cherries	1/2z LF ice cream (S)	Cherries	1/2z LF ice cream (S)

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

## Trading Cardio for Cosmos Weekly Menu Plan - Week 4

The recipes included in this week's menu plans are:

[Skinnytaste Avocado Toast with Lemon and Kale](#)]

[Simple Nourished Living's Skinny Slow Cooker Southwest Chicken Soup](#)]

[Emily Bites' Sweet & Spicy Grilled Chicken Sandwiches](#)]

[The Skinnyish Dish Classic Egg Salad](#)]

[Hungry Girl's Healthy Sheetpan Mediterranean Shrimp & Veggies](#)]

[Skinnytaste Instant Pot Garlicky Cuban Pork](#)]

[WW's Hook & Ladder Lobster Roll](#)]

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