

## WW Freestyle Menu Plan - Week 5



Hey hey, friends! Happy Sunday!

Happy February! If you're already thinking about Valentine's Day, check out these [24 Romantic Valentine's Day Recipes](#) for inspiration!]

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!**

**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 February 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Smile Bites Fridge Berry Yogurt Bowl (2) with 30g fat lowfat granola (1) coffee with LP 1/2 & banana, coffee with LP 1/2 & 1/2 (1)	2 hard boiled eggs, banana, coffee with LP 1/2 & 1/2 (1)	Smile Bites Fridge Berry Yogurt Bowl (2) with 30g fat lowfat granola (1) coffee with LP 1/2 & banana, coffee with LP 1/2 & 1/2 (1)	2 hard boiled eggs, banana, coffee with LP 1/2 & 1/2 (1)	Smile Bites Fridge Berry Yogurt Bowl (2) with 30g fat lowfat granola (1) coffee with LP 1/2 & banana, coffee with LP 1/2 & 1/2 (1)	2 hard boiled eggs, banana, coffee with LP 1/2 & 1/2 (1)	2 poached eggs over sautéed mushrooms, avocado, greens, coffee with LP 1/2 & 1/2 (1)
<b>Snack</b>	Sugar snap peas	Raw bell pepper	Sugar snap peas	Apple	Cugar snap peas	Apple	Banana
<b>Lunch</b>	Hangright! Cup of Quinoa Bowties MM, Spinach Quiche (1), salad with LP dressing (1)	MM, Spinach Quiche with Chicken (1), salad with LP dressing (1)	MM, Spinach Quiche with Chicken (1), salad with LP dressing (1)	Hangright! Cup of Quinoa Bowties Lunch Chai: Slice of toast with LP dressing (1)	Smile Bites Fridge Berry Yogurt Bowl (2) with 30g fat lowfat granola (1) coffee with LP 1/2 & banana, coffee with LP 1/2 & 1/2 (1)	Smile Bites Fridge Berry Yogurt Bowl (2) with 30g fat lowfat granola (1) coffee with LP 1/2 & banana, coffee with LP 1/2 & 1/2 (1)	Grilled chicken over green salad (6)
<b>Snack</b>	Apple	Berries	Apple	Smile Bites Fridge Smile Bites (2) with raw veggie	Apple	Banana	Orange
<b>Dinner</b>	Smile Bites Fridge Chicken Pasta (7), lowfat granola (1)	11 tortilla chips topped with 1/4c LP shredded cheddar with garlicky chicken, sautéed peppers, onions, mushrooms, and taco sauce (6), 2 WW Humus Skins (1), olive marinated (1)	Smile Bites Fridge Berry Yogurt Bowl (2) with 30g fat lowfat granola (1) coffee with LP 1/2 & banana, coffee with LP 1/2 & 1/2 (1)	Rosemary pork chop (2) with 3oz baby potatoes (2), roasted asparagus, low red sauce (1)	Smile Bites Fridge Berry Yogurt Bowl (2) with 30g fat lowfat granola (1) coffee with LP 1/2 & banana, coffee with LP 1/2 & 1/2 (1)	Grilled Lamb Chops (6), low fat baby potatoes (2), avocado, (1) red sauce, (1) red sauce (1)	Baked Ziti with meat (12), side salad with LP dressing (1), low red sauce (1)
<b>Snack</b>	WW Greek yogurt with no-sugar added berries	Pineapple chunks	WW Greek yogurt with no-sugar added berries	Pineapple chunks	WW Greek yogurt with no-sugar added berries	Berries	Apple or Berries

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 5](#)

**This menu plan includes the following recipes:**

[Simple Nourished Living Spinach Quiche](#)]

[Emily Bites' Triple Berry Yogurt Bowl](#)]

[Hungry Girl Healthy Cup O' Zoodles](#) ]

[WW's Beef Pho](#)]

[Emily Bites' Slow Cooker Kickin' Chicken Pasta](#)]

[Emily Bites' Pizza Burger Sliders](#)]

[KitchMe's Hunan Shrimp](#) ]

What do you think? What's your favorite day or meal?