

WW Freestyle Menu Plan - Week 6



Hey hey, friends! Happy Sunday!

I don't know about you guys, but all these Valentine's Day ads and displays are bringing out my sweet tooth! Check out these [23 Awesome Dessert Recipes](#) - they're healthy AND satisfying!]

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 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 Emily Bites Berry French Toast Muffins (4), banana, coffee with 1/2 (2) & 1/2 (1)	Skinnypale Dutch Breakfast Enchilada (6), apple, coffee with 1/2 (2) & 1/2 (1)	2 Emily Bites Berry French Toast Muffins (4), banana, coffee with 1/2 (2) & 1/2 (1)	Skinnypale Dutch Breakfast Enchilada Muffins (4), banana, coffee with 1/2 (2) & 1/2 (1)	2 Emily Bites Berry French Toast Muffins (4), banana, coffee with 1/2 (2) & 1/2 (1)	2 eggs on 1/2 english muffin (1), coffee with 1/2 & 1/2 (1)	Veggie Egg White Breakfast Toasts (5), banana, coffee with 1/2 & 1/2 (1)
Snack	Sugar snap peas and carrots	Banana	Sugar snap peas and carrots	Banana	Sugar snap peas and carrots	Banana	Banana
Lunch	SNL Hearty Sausage Lentil Soup (2), salad with 1/2 dressing (1)	Turkey wrap with zucchini, anguila, tomatoes (2), jalapeno with 1/2 dressing (1)	SNL Hearty Sausage Lentil Soup (2), salad with 1/2 dressing (1)	Turkey Wrap with Toasted, Anaguila, Tomatoes (2), jalapeno & veggies (4)	Lunch Out: Mongolian BBQ (strip & veggie)	Turkey wrap with zucchini, anguila, tomatoes (2), salad with 1/2 dressing (1)	Brunch Out: Breakfast Toasts (5), Skinnypale Margarita (5)
Snack	Grande nonfat latte (4), apple	Raw veggies with 1/2 blue cheese (2)	Grande nonfat latte (4), apple	Raw veggies with 1/2 blue cheese (2)	Grande nonfat latte (4), apple	Apple	Raw veggies
Dinner	HungryGirl Cheeseburger Longanisa (7), side salad with olives and 1/2 dressing (1)	DelishMeSkinnypale Parsi Pie (6) with sautéed peppers, onions, mushrooms	Waffle with strawberries (7), 2 eggs	Skinnypale Beef & Mushroom Ragu with Spaghetti Squash (4), See red wine (4)	Pork Loin (5) with Mushroom Ragu with Spaghetti Squash (4), See red wine (4)	Dinner Out: Cioppino (4) with crusty bread (4), salad with 1/2 dressing (1), See white wine (4)	Skinnypale Roast Chicken with Rosemary and Lemon (5), See baby potatoes (2), sautéed broccoli (4), See red wine (4)
Snack	1/2 Lowfat ice cream (4)	Clementine	1/2 Goodness Knows Bar (4)	Clementine	Clementine	1/2 Lowfat ice cream (2)	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 menu plan includes these recipes:

[Skinnytaste's Roast Chicken with Rosemary and Lemon](#)]

[Simple Nourished Living's Mom's Simple Hearty Lentil Sausage Stew](#)]

[Emily Bites' Berry French Toast Muffins](#)]

[The Skinnyish Dish's Breakfast Enchiladas](#)]

[Hungry Girls' Cheeseburger Lasagna](#)]

[Skinnytaste's Beef & Mushroom Ragu with Spaghetti Squash](#)]

[Drizzle Me Skinny's Easy Taco Pie](#)]

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