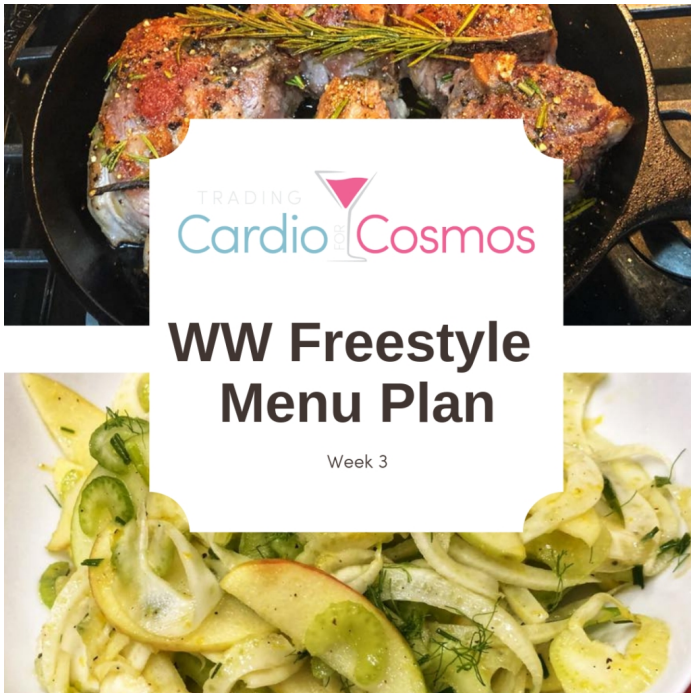


WW Freestyle Weekly Menu Plan - Week 3



Hey hey, friends! Happy Sunday!

This winter weather has me excited to burrow and nest and not leave my couch. These [27 Casserole & Baked Entree Recipes](#) are healthy comfort food perfect for a lazy Sunday - and so delicious!

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 20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Breakfast	2 hardboiled eggs, banana, coffee with FF 1/2 and 1/2 (1)	Skinnysih Dish Breakfast Serranos banana, coffee with FF 1/2 and 1/2 (1)	2 hardboiled eggs, banana, coffee with FF 1/2 and 1/2 (1)	Skinnysih Dish Breakfast Serranos banana, coffee with FF 1/2 and 1/2 (1)	2 hardboiled eggs, sausage (2), coffee banana, coffee with FF 1/2 and 1/2 (1)	1 egg, egg white, scrambled, chicken sausage (2), coffee banana, coffee with FF 1/2 and 1/2 (1)	2 hardboiled eggs, banana, coffee with FF 1/2 and 1/2 (1)	
Snack	Apple, clementine	Orange, blackberries	Apple, clementine	Orange, blackberries	Apple, clementine	Banana	Apple	
Lunch	SNL Big Mac Salad (7)	Emily Bites Chicken Submarine Sandwich (7), raw veggies	SNL Big Mac Salad (7)	Emily Bites Chicken Submarine Sandwich (7), raw veggies	Lunch Out: Chipotle Bowl with softtan, extra veggies, extra lettuce, black beans, and fresh	Shrimp tacos in lettuce wraps with LF sour cream (2)	Brunch Out: chicken sandwich (3) with cheddar cheese (4) and side salad (1), Bloody Mary (3)	
Snack	Baby Brie (3), cucumber slices	Bada Bing beans (2), grapes	Baby Brie (3), cucumber slices	Bada Bing beans (2), grapes	Raw veggies	Apple, clementine	Raw veggies	
Dinner	Skinnysih Dish Skillet Pickle Chicken (2), 4 Almond Protein (8), Salad with olives and LF dressing (2)	3 Skinnysih Taste Emparadas (6), Juicy Beef Fajita with olives and LF onions, mushrooms	Cast-iron pork chop with braised mushrooms (9), sautéed greens beans with 2oz olive oil (1), salad with olives and LF dressing (2)	Alfredo Italian chicken meatballs (4) over zoodles with tomato sauce (1), 1/2 cup grated parmesan cheese (1), Sea red wine (4)	Filet mignon (7) with sea roasted fingerling potatoes (2), roasted broccoli, 1oz red wine (8)	Steiner Out: Steamed mussels with 2oz bread (4), garlic chicken	Skinnysih Grand Turkey Meatball Parm (7), salad with LF dressing (1)	
Snack	100 calorie bag of SkinnyPop (3)	Melon	Melon	berries	Grapes	Clementine, berries		

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

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[Trading Cardio for Cosmos Weekly Menu Plan - Week 3](#)]

This week's menu plan includes these recipes:

[The Skinnyish Dish Make-Ahead Freezer-Friendly Breakfast Sandwiches](#)]

[Simple Nourished Living's Skinny Big Mac Salad](#)]

[Emily Bites' Chicken Saltimbocca Sandwiches](#)]

[Skinnytaste's Taco Empanadas](#)]

[The Skinnyish Dish Skillet Pickle Chicken](#)]

[Skinnytaste's Giant Turkey Meatball Parmesan](#)]

What about you? What day or meal is your favorite?