

WW Freestyle Menu Plan - Week 7



Hey hey, friends! Happy Sunday!

Lately, it feels like I've been in a lunchtime rut. Soup, salad, maybe a turkey wrap. So I hit up these [31 Lunchtime Recipes](#) for some new inspiration!

Each Sunday I publish a new WW Freestyle-friendly menu plan, and they 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 17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 Emily Bites Ham, 8 Cheese Egg Cups (2), coffee with LF (1/2 & 1/2 (1))	Skimagish Dish Pumpkin Pie 8 Cheese Egg Cups (2), coffee with LF (1/2 & 1/2 (1))	2 Emily Bites Ham Pumpkin Pie 8 Cheese Egg Cups (2), coffee with LF (1/2 & 1/2 (1))	Skimagish Dish Pumpkin Pie 8 Cheese Egg Cups (2), coffee with LF (1/2 & 1/2 (1))	2 Emily Bites Ham 8 Cheese Egg Cups (2), coffee with LF (1/2 & 1/2 (1))	2 HungryGirl Breakfast Egg Rolls (6), coffee with LF (1/2 & 1/2 (1))	Yogurt Egg White Protein, coffee with LF (1/2 & 1/2 (1))
Snack	Apple	Orange	Apple	Orange	Apple	Orange	Apple
Lunch	OrzoMeatKneky Buffalo Chicken Empanada (4), pulled with LF dressing (1)	Grilled chicken, black beans, corn over mixed greens with tomato, green onion, and LF avocado cilantro dressing (2)	OrzoMeatKneky Buffalo Chicken Empanada (4), pulled with LF dressing (1)	Grilled chicken, black beans, corn over mixed greens with tomato, green onion, and LF avocado cilantro dressing (2)	Lunch Out: Chicken Tikka masala with rice (1)	Grilled chicken, black beans, corn over mixed greens with tomato, green onion, and LF avocado cilantro dressing (2)	Brunch Out: 2 poached eggs over toast with LF dressing (1)
Snack	14 Greek yogurt with no-sugar frozen berries	Cucumber and zolary	14 Greek yogurt with no-sugar frozen berries	Cucumber and zolary	14 Greek yogurt with no-sugar frozen berries	Raw veggie with tzatziki (1)	Cucumber and zolary
Dinner	Skinyeats Skinny Tuna Nicoise Casserole (2), salad with LF dressing (1), hot white wine (4)	WW Feta-Stuffed Chicken Burgers (5), 12 Avocado crinkle cut Fries (3), Stella Flat Honey (1), Kos cod wine (2)	Emily Bites Slow Cooker Bolognese Beef (5), 1/2z wild rice (1), roasted carrots with Mike's Flat Honey (1), Kos cod wine (2)	3 pancakes (6), chicken sausage (3) with 2Tbsp SF maple syrup (2)	Pork chop with warm apples (5), roasted asparagus (1), two baby potatoes (2)	Skinyeats Flounder Milanese (3), roasted green beans with olive oil (1), Cosmoquitan (2)	Dinner Out: two babyback ribs (2), steamed corn, salad with LF dressing (1)
Snack	100 calorie bag Skinyeats (1)	Banana Bing Beans (2)	Frozen grapes	1/2 Goodness Frozen bar (4)	100 calorie bag Skinyeats (1)	Frozen grapes	Clementine

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:

[Emily Bites' Ham & Cheese Egg Cups\]](#)

[The Skinnyish Dish's Pumpkin Pie Oatmeal\]](#)

[Drizzle Me Skinny's Buffalo Chicken Empanadas\]](#)

[Hungry Girls' Breakfast Egg Rolls\]](#)

[Skinnytaste's Skinny Tuna Noodle Casserole\]](#)

[WW's Feta-Stuffed Chicken\]](#)

[Emily Bites' Slow Cooker Balsamic Beef\]](#)

[Skinnytaste's Flounder Milanese\]](#)

What do you think? Which day or meal are you looking forward to?