

meal planner

What's for dinner?

This meal planner can help you jump into planning, prepping, eating—and losing weight.

Check out the Meal Builders in your Plan Guide. What sounds good? How much time do you have? Do you have any ingredients on hand already? For example, let's say you decide on a stir-fry: 3½ oz uncooked shrimp (1), ginger, garlic, broccoli, sliced water chestnuts, 1 tsp Asian stir-fry sauce (1), 1 tsp peanut oil (1), 10 chopped peanuts (1), 2 tsp toasted sesame seeds (1). Add ½ cup steamed brown rice (3) and thanks to those 0 SmartPoints fresh veggies, you've got a hearty dinner for just 8 SmartPoints value!

Ingredients I want to use:

HAVE NEED
ON HAND TO BUY

_____	SmartPoints value: _____	<input type="checkbox"/>	<input type="checkbox"/>
_____	SmartPoints value: _____	<input type="checkbox"/>	<input type="checkbox"/>
_____	SmartPoints value: _____	<input type="checkbox"/>	<input type="checkbox"/>
_____	SmartPoints value: _____	<input type="checkbox"/>	<input type="checkbox"/>
_____	SmartPoints value: _____	<input type="checkbox"/>	<input type="checkbox"/>
_____	SmartPoints value: _____	<input type="checkbox"/>	<input type="checkbox"/>
_____	SmartPoints value: _____	<input type="checkbox"/>	<input type="checkbox"/>

My dinner tonight will be: _____

Total SmartPoints value: _____

Planning ahead

You have a roundup of starter meals to get you going but, when you're ready to create your own weekly lunch and dinner menus, browse the recipes on the site and your Plan Guide. (Jot down a few breakfast and snack ideas as well!) Planning can help you divvy up your SmartPoints values, stick with your plan, and steer clear of not-so-great choices.

	WHAT I'LL EAT FOR LUNCH	PAGE NO.	WHAT I'LL EAT FOR DINNER	PAGE NO.	WHAT I NEED TO BUY
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Breakfasts I like: _____

Snacks I like: _____

Heading to a restaurant to eat? Before you go, check your options in "Dining Out" on pages 58-59 of your Plan Guide. Or find menu best bets on the Mobile app or on weightwatchers.com (for subscribers).

I plan to eat: _____ SmartPoints value: _____