Weight Watchers Diet Plan

Name: Jennifer Williams	Date: 2023/11/21
Age: 36	Gender: F
Weight: 5'2"	Height: 165lbs

Purpose:

Jennifer wishes to use the Weight Watchers Diet as an approach to dietary management, helping guide her health journey to health and wellness.

Goals:

1. Jennifer aims to lose 10lbs of body fat over the next 12 weeks, using the Weight Watchers diet to build nutritious meals.

2. Jennifer aims to maintain the dietary management habits she builds during this time, for lifelong body weight management and enhanced overall health.

Recommendations/Additional Information:

Jenny should aim to keep a journal or diary to document her journey. This may include any changes in her energy levels, weight, new recipes she tries, as well as any other important milestones or other things she experiences.

7-Day Weight Watchers Diet Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Smart Points
Breakfast	Oats with berries, chia seeds and walnuts	Greek yoghurt bowl with berries and nuts	Turkish eggs with wholegrain toast	Banana pancakes	Avocado, tomatoe and feta on toast	Egg and bacon english muffins	Banana pancakes	
Lunch	Greek gyros	Tuna toastie	Corn fritters	Crustless quiche	Vegetable soup with wholegrain bread	Chicken and salad wrap	Salmon or chicken sushi	
Dinner	Chicken enchiladas	Fish tacos	Margherita pizza	Chicken salad with peach, figs and ricotta	Lemon and garlic pasta with shrimp	Stuffed pasta shells	Chicken paella	
Snacks and beverages	Fresh fruit Popcorn (airpopped) Skim cappuccino	Fruit salad Nuts(handful)	Skim cappucchino Popcorn (airpopped)	Vegesticks with hummus Ricecakes with avocado	Smoothie Tortilla chips and salsa	Popcorn (airpopped) Fresh fruit		
Smart Points								