



# Weight Watchers Points 1500 Calorie Plan

Seattle Sutton's Healthy Eating recommends the addition of 3 servings of non- or low-fat dairy per day on the 1500 calorie meal plan.  
 Skim milk = 3 points, Fat-free Yogurt = 2 points, Low-fat Cottage Cheese = 2 points, Low-fat string cheese = 2 points.

## Week of 04/21

Meal	Pts
Biscuits & Sausage Gravy	12
Open-Faced Omelet	7
Chocolate Crepe & Strawberry	18
Blueberry Smoothie Bowl	13
Moroccan Kofta Bowl	15
Baja Tinga Wrap	8
Margherita Pizza	8
Egg Salad on Croissant	10
Turk'y in Dijon Cream Sauce	9
Parmesan Crusted Chick'n	10
Sweet & Sour Tofu	17
Nona Sutton's Lasagna	13
Egg Fonduta	8
Wild Blackberry Parfait	11
Cheesecake French Toast	9
Vegetables & Dumplings	8
3-Bean Chili	15
El Pastor Bowl	5
Tandoori Veggie Rice Bowl	7
Rustic Zucchini Cavatappi	13
Black Bean Enchilada Bake	14

## Week of 04/28

Meal	Pts
Peach Berry Blintz	16
Ciabatta Egg Sandwich	7
Cheesy Baked Egg Casserole	11
Strawberry Chia Oatmeal	9
Honey Tempeh Salad	9
Lou's Bleu Veggie Burger	15
Curry Chickpea Salad	13
Tuscan Bean Soup & Crostata	10
Chile Cazuela & Spanish Rice	12
Penne "Vodka" Meatballs	11
Homestyle Mac & Cheese	16
Primavera Alfredo	10
Spinach & Cheese Frittata	4
Berry Colada Parfait	6
Hashbrown Casserole	6
Spinach-Artichoke Pizza	15
Pear & Gorgonzola Salad	10
Broccoli Cheddar Soup	12
Chick'n Carnitas	9
Eggplant Parmesan	7
Chickpea & Feta Patty	14

## Week of 05/05

Meal	Pts
Egg & Feta Tart	9
Bacon & Cheddar Clafoutis	11
Morning Protein Plate	9
Bacon & Egg Bagel Sandwich	7
Chipotle Black Bean Burger	17
Falafel Bowl	13
Pecan Cranberry Salad	13
Pumpkin Bisque	16
BBQ Meatloaf & Mash	14
Tortellini Pomodoro	8
Lentil Matzo Ball Soup	13
Cajun Tofu Etouffee	13
Sunrise Pizza	4
Cranberry Oat Bar	15
Cheesy Egg Strata	8
Croque Monsieur	11
Caesar Salad	13
Bonsai Bowl	18
Swedish Meatballs	9
Butternut Squash Ravioli	13
Pasta Verde Durango	9

## Week of 05/12

Meal	Pts
Wheat Croissant Figs and Brie	12
Superfood French Toast	15
Swiss Cheese Egg Bake	5
Potato Pancakes	9
Broccoli Cheddar Fritter	9
Mediterranean Lunch Box	13
Loaded Quesadilla & Soup	15
Sweet Potato-Poppy Salad	12
Capri-Style Roasted Eggplant	7
Butternut Orzo Bake	13
Pierogi in Tomato Gravy	18
Southwestern Pilaf	18
Breakfast Casserole	11
Strawberry Poppyseed Bread	11
Cowboy Skillet	5
Gemelli Pasta Salad	15
Veggie Melt	8
Acapulco Taco Pie	10
Marry Me Pasta	13
Picadillo Cubano	7
Pesto Cream Penne	8

## Week of 05/19

Meal	Pts
Breakfast Taco	6
Chocolate Pancake	18
Blueberry Almond Torta	13
Open-Faced BF Sandwich	9
Tex-Mex Black Bean Taco	14
Loaded Potato Soup	13
Smoky Chick'n Salad Pita	9
Fresh Fruit & Cottage Cheese	6
Lentil Bolognese	12
Thai Coconut Curry	17
Sundried Tomato Flatbread	11
Vegetarian Salisbury Steak	7
Chocolate Chia Bowl	11
Bircher Muesli and Pears	18
Avocado Toast	4
Landry Bay Zucchini Cakes	14
Chickpea Cobb Salad	4
BBQ Pizza	12
Vegetable Fricassee	10
Traditional Cottage Pie	7
Honey Garlic Chickpea Bowl	13