A free 7-day, flexible weight loss meal plan including breakfast, lunch and dinner ideas and a shopping list. All recipes include macros and Weight Watchers points. As spring continues to bloom (and rain), school sports and extra curricular activities kick into high gear! Baseball, softball, soccer, band and dance, just to name a few! These slow cooker recipes will make it easy to have dinner ready when you get home after a long day and these quick meals will allow you to get a meal on the table on a tight schedule. Win, win! If you’re new to my meal plans, I’ve been sharing these free, 7-day flexible healthy meal plans (you can see my previous meal plans here) that are meant as a guide, with plenty of wiggle room for you to add more food, coffee, beverages, fruits, snacks, dessert, wine, etc. or swap recipes out for meals you prefer, you can search for recipes by course in the index. Depending on your goals, you should aim for at least 1500 calories\* per day. There’s no one size fits all, this will range by your goals, your age, weight, etc. There’s also a precise, organized grocery list that will make grocery shopping so much easier and much less stressful. Save you money and time. You’ll dine out less often, waste less food and you’ll have everything you need on hand to help keep you on track. Lastly, if you’re on Facebook join my Skinnytaste Facebook Community where everyone’s sharing photos of recipes they are making, you can join here. I’m loving all the ideas everyone’s sharing! If you wish to get on the email list, you can subscribe here so you never miss a meal plan! Check out my 5 favorite deals and sales happening this weekend: Get the Skinnytaste Ultimate Meal Planner! The 52 week spiral bound meal planner has weekly meal planning grids you can tear out and put on your fridge if you wish, a 12-week meal plan, 30 (15 new) recipes, and tear-out grocery lists. I love starting my week with gratitude, affirmations and intentions, so I included a space for that as well. I hope you will love this as much as I do! If you’re following Weight Watchers, all the recipes here have been updated to reflect the new Weight Watchers program, with points displayed under the recipe title. The ww button in the recipe card takes you to the Weight Watchers website where you can see the recipe builder used to determine those points and add it to your day (US only, you must be logged into your account). All cookbook recipes in the cookbook index are also updated!