free 7-day flexible weight loss meal plan including breakfast lunch dinner ideas shopping list recipes include macros Weight Watchers points spring continues bloom rain school sports extra curricular activities kick high gear Baseball softball soccer band dance name slow cooker recipes make easy dinner ready get home long day quick meals allow get meal table tight schedule Win win ’ new meal plans ’ sharing free 7-day flexible healthy meal plans see previous meal plans meant guide plenty wiggle room add food coffee beverages fruits snacks dessert wine etc swap recipes meals prefer search recipes course index Depending goals aim least 1500 calories per day ’ one size fits range goals age weight etc ’ also precise organized grocery list make grocery shopping much easier much less stressful Save money time ’ dine less often waste less food ’ everything need hand help keep track Lastly ’ Facebook join Skinnytaste Facebook Community everyone ’ sharing photos recipes making join ’ loving ideas everyone ’ sharing wish get email list subscribe never miss meal plan Check 5 favorite deals sales happening weekend Get Skinnytaste Ultimate Meal Planner 52 week spiral bound meal planner weekly meal planning grids tear put fridge wish 12-week meal plan 30 15 new recipes tear-out grocery lists love starting week gratitude affirmations intentions included space well hope love much ’ following Weight Watchers recipes updated reflect new Weight Watchers program points displayed recipe title ww button recipe card takes Weight Watchers website see recipe builder used determine points add day US must logged account cookbook recipes cookbook index also updated