

LEAN CUISINE WW CHEAT SHEET

LEAN CUISINE MEAL NAME	WW POINTS
APPLE CRANBERRY CHICKEN	10 POINTS
BUTTERNUT SQUASH RAVIOLI	9 POINTS
GARLIC SESAME NOODLES WITH BEEF	8 POINTS
HERB ROASTED CHICKEN	4 POINTS
FETTUCCHINI ALFREDO WITH MEAT SAUCE CAULI' BOWL	6 POINTS
GARLIC PARMESAN ALFREDO WITH BROCCOLI CAULI' BOWL	6 POINTS
MEATLOAF WITH MASHED POTATOES	7 POINTS
GLAZED TURKEY TENDERLOIN	10 POINTS
GRILLED CHICKEN CAESAR	7 POINTS
FOUR CHEESE PIZZA	11 POINTS
CHICKEN PARMESAN	11 POINTS
SPAGHETTI WITH MEAT SAUCE	9 POINTS
PEPPERONI PIZZA	11 POINTS
CHEESE RAVIOLI	9 POINTS
DEEP DISH SPINACH & MUSHROOM PIZZA	11 POINTS
FETTUCCHINI ALFREDO	9 POINTS
FIVE CHEESE RIGATONI	11 POINTS
MACARONI AND CHEESE	9 POINTS
RICOTTA CHEESE & SPINACH RAVIOLI	8 POINTS
SANTA FE STYLE RICE AND BEANS	9 POINTS
SPINACH ARTICHOKE RAVIOLI	8 POINTS
WHITE VERMONT CHEDDAR MAC & CHEESE	9 POINTS
BUFFALO STYLE CHICKEN	6 POINTS
CHICKEN IN SWEET BBQ SAUCE	8 POINTS
ROASTED TURKEY & VEGETABLES	6 POINTS
STICKY GINGER CHICKEN	11 POINTS

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LEAN CUISINE MEAL	WW POINTS
SWEET & SPICY KOREAN STYLE BEEF	13 POINTS
UNWRAPPED CHICKEN BURRITO BOWL	10 POINTS
CHICKEN TERIYAKI BOWL	9 POINTS
GLAZED CHICKEN BOWL	9 POINTS
ORANGE CHICKEN BOWL	11 POINTS
OVEN FRIED CHICKEN WITH MASHED POTATOES	9 POINTS
ROASTED TURKEY AND VEGETABLES BOWL	6 POINTS
SAVORY SESAME CHICKEN & VEGETABLES BOWL	11 POINTS
SHRIMP ALFREDO BOWL	8 POINTS
SWEET & SOUR CHICKEN BOWL	14 POINTS
UNWRAPPED CHICKEN BURRITO BOWL	10 POINTS
CHICKEN PAD THAI BOWL	12 POINTS
OVEN FRIED CHICKEN WITH BUFFALO STYLE MAC & CHEESE	10 POINTS
CHICKEN CLUB PANINI	11 POINTS
ALFREDO PASTA WITH CHICKEN & BROCCOLI	7 POINTS
BAKED CHICKEN	8 POINTS
CHICKEN FRIED RICE	9 POINTS
CHICKEN ENCHILADA SUIZA	9 POINTS
CLASSIC MACARONI & BEEF	8 POINTS
FRENCH BREAD PEPPERONI PIZZA	9 POINTS
LASAGNE WITH MEAT SAUCE	9 POINTS
MAPLE BOURBON CHICKEN	12 POINTS
ROASTED TURKEY BREAST	12 POINTS
SALISBURY STEAK WITH MAC & CHEESE	6 POINTS
SESAME CHICKEN	12 POINTS
SHRIMP SCAMPI	11 POINTS

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LEAN CUISINE WW CHEAT SHEET

LEAN CUISINE MEAL	WW POINTS
SPAGHETTI WITH MEATBALLS	8 POINTS
STEAK PORTABELLA	5 POINTS
SUPREME PIZZA	10POINTS
SWEDISH MEATBALLS	9 POINTS
TORTILLA CRUSTED FISH	9 POINTS
LIFE CUISINE SOUTHWEST BEEF TACO BOWL	12 POINTS
LIFE CUISINE CAULIFLOWER CRUST 3 CHEESE PIZZA	12POINTS
LIFE CUISINE VERMONT WHITE CHEDDAR MAC & BROCCOLI BOWL	13 POINTS
LIFE CUISINE CHICKEN ENCHILADA BOWL	9 POINTS
LIFE CUISINE CAULIFLOWER CRUST PEPPERONI PIZZA	13 POINTS
LIFE CUISINE TOMATO & SPINACH EGG WHITE BITES	7 POINTS
LIFE CUISINE TURKEY BACON & WHITE CHEDDAR EGG BITES	11 POINTS
LIFE CUISINE BUFFALO CAULIFLOWER BITES	4 POINTS
LIFE CUISINE MEATLOVERS ZOODLES BOWL	11 POINTS
LIFE CUISINE CAULIFLOWER CRUST CHICKEN BACON RANCH PIADA	10 POINTS
LIFE CUISINE CAULIFLOWER CRUST CHICKEN MOZZARELLA PIADA	11 POINTS
LIFE CUISINE CAULIFLOWER CRUST 3 MEAT PIZZA	13 POINTS
LIFE CUISINE PASTA BOLGNESE BOWL	15 POINTS
LIFE CUISINE RICED CAULIFLOWER BEEF BROCCOLI BOWL	5 POINTS
LIFE CUISINE RICED CAULIFLOWER TERIYAKI CHICKEN BOWL	8 POINTS
LIFE CUISINE BERRY SMOOTHIE BOWL	8 POINTS
LIFE CUISINE STRAWBERRY BANANA SMOOTHIE BOWL	5 POINTS
LIFE CUISINE CHEESE LOVERS PIZZA	11 POINTS
LIFE CUISINE PESTO CAULIFLOWER GNOCCHI BOWL	11 POINTS

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