

Weight Watchers

Food Points

Fruits & Vegetables

Apple – 0 points

Banana – 0 points

Berries
(strawberries,
blueberries,
raspberries) – 0 points

Grapes – 0 points

Carrots – 0 points

Broccoli – 0 points

Spinach – 0 points

Carbs & Grains

Slice of whole
wheat bread – 2 points

½ cup
brown rice – 3 points

½ cup
quinoa – 3 points

Small baked
potato – 4 points

Oatmeal, ½ cup
cooked – 2 points

Pasta, 1 cup
cooked – 4 points

Proteins

Grilled chicken breast (3 oz) – 2 points

Turkey breast (3 oz) – 2 points

Eggs (1 large) – 2 points

Tofu (4 oz) – 2 points

Salmon (3 oz) – 4 points

Lean beef (3 oz, 90% lean) – 4 points

Dairy & Alternatives

Skim milk (1 cup) – 2 points

Almond milk, unsweetened (1 cup) – 1 point

Greek yogurt, plain nonfat (1 cup) – 0 points

Cheese, cheddar (1 oz) – 4 points

Cottage cheese, low-fat (½ cup) – 2 points

Snacks & Extras

Popcorn, air-popped (3 cups) – 2 points

Dark chocolate (1 square, ~1 oz) – 5 points

Nuts, almonds (12 pieces) – 3 points

Peanut butter (1 Tbsp) – 3 points

Chips (1 oz / about 15 chips) – 4 points

Weight Watchers Smart Points Program

Kathleen Armour



Weight Watchers Smart Points Program:

Enjoying the Tune of Term: An Psychological Symphony within **Weight Watchers Smart Points Program**

In some sort of taken by screens and the ceaseless chatter of fast interaction, the melodic splendor and psychological symphony developed by the written term often disappear into the background, eclipsed by the constant sound and distractions that permeate our lives. However, situated within the pages of **Weight Watchers Smart Points Program** a wonderful literary value full of raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this fascinating masterpiece conducts viewers on a mental trip, well unraveling the hidden melodies and profound impact resonating within each carefully constructed phrase. Within the depths with this emotional analysis, we shall investigate the book is key harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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