

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

Julia Schneider



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door opening seal, and remove the driver's dashboard side lid. DOOR OPENING. SEAL. (Pull away.) 3 CLIPS. 2 RETAINING. TABS. DRIVER'S. Honda Pilot 2016-up 99-7811 Feb 9, 2016 — Dash Disassembly. 1. Open the passenger door and remove the dash trim on the side of the dash. (Figure A). 2. Open the glove box and remove.