

Printable 7-Day Weight Watchers Friendly Meal Plan

WW Meal Plan MONDAY

B: [Spinach and Feta Make Ahead Breakfast Sandwich](#) (1 WW points) with 1 cup mixed berries (0 points)

L: [Greek Salad with Grilled Chicken](#) (6 points)

D: [Delightfully Light Salmon Alfredo](#) (4 points)

Dessert: [Lemon Loaf](#) (4 points)

Total WW Points: 15

Notes: Make double the chicken at lunch to quickly include chicken at dinner, so you don't have to cook Salmon. It'll save you time!

WW Meal Plan TUESDAY

B: [Apple Overnight Oats](#) (3 points)

L: [Chipotle Shrimp Tacos](#) (3 points)

D: [Greek Sheet Pan Chicken](#) (4 points)

Dessert: [Strawberry Shortcake](#) (4 points)

Total WW Points: 14

Notes: The strawberry shortcake dessert is amazing for the summer. You might just want to have this all week!

WW Meal Plan WEDNESDAY

B: [Tator Tot Breakfast Casserole](#) (7 points)

L: [Crescent Roll Veggie Pizza](#) (4 points)

D: [Hawaiian Meatballs](#) (4 points)

Dessert: [Black bean Brownies](#) (2 points)

Total WW Points: 17

Notes: If you need a little extra protein, throw some ground turkey or ground chicken on the veggie pizza. It won't add any points, and it'll keep you fuller for longer.

WW Meal Plan THURSDAY

B: [Mini Protein Waffles](#) (4 points)

L: [Instant Pot Cabbage Rolls](#) (3 points)

D: [Weight Watchers Pork Burgers](#) (4-6 points)

Dessert: [Mini cherry pies](#) (4 points)

Total WW Points: 15-17

Notes: You can easily swap the ground pork for ground chicken if you want to save a few points, but the pork adds a ton of flavor. You can also cook the burgers in the air fryer for easier clean up.

WW Meal Plan FRIDAY

B: [Caramel Apple French Toast Muffins](#) + Two Boiled Eggs (2 points)

L: [Big Mac Salad](#) (3 points)

D: [Eggplant Parmesan](#) (4 points)

Dessert: [Banana Chocolate Chip Mug Cake](#) (4 points)

Total WW Points: 13

Notes: The Caramel Apple French Toast Muffins freeze really well, so freeze the ones you don't eat. It'll give you a no cook breakfast or snack option for next week.

WW Meal Plan SATURDAY

B: [Blueberry Banana Baked Oatmeal](#) (1 point)

L: [Keto Chicken Nuggets](#) (4 points) + [Butternut Squash Fries](#) (0 Points)

D: [Chicken Cacciatore](#) (7 points) served over Cauliflower Rice (0 Points)

Dessert: [Homemade Strawberry Frozen Yogurt](#) (1 point)

Total WW Points: 13

Notes: If you're heading into fall or winter, swap the banana for pumpkin in the baked oatmeal, and the blueberries for apples. It won't change the points, but it'll match the seasonal flavors.

WW Meal Plan SUNDAY

B: [Starbucks Egg White Bites](#) (1-7 points)

L: [Flatout Taco Pockets](#) (4 points)

D: [Chicken Kebabs](#) (0 Points), [Mashed Cauliflower](#) (0 Points)

Dessert: [Sauteed Apples](#) (2 points)

Total WW Points: 7 - 13 points

Notes: If you don't have time to make the Starbucks Egg White Bites, just run by Starbucks for a few. If you want to grab a drink while you're there, check out these [10 WW friendly Starbucks options](#).

Remember to account for any additional snacks, beverages, or ZeroPoint foods you include throughout the day. Stay hydrated with water or other zero-calorie drinks.

Now it's time to get to the grocery store! Use this sectioned list to grab everything you need for the week.

WW Meal Plan Grocery List

Produce:

- Zucchini
- Red onion
- Cucumber
- Green and red bell pepper
- Lemon
- Avocado
- Banana
- Strawberries
- Cherry tomatoes
- Iceberg lettuce
- Eggplants
- Carrot
- Broccoli florets
- Apples
- Cauliflower head
- Fresh or dried dill, cilantro, green onions, rosemary, oregano, marjoram
- Garlic

Meat:

- Extra-lean ground beef
- Ground pork
- Boneless, skinless chicken breast
- Bone-in, skinless chicken thighs
- Salmon fillets
- Medium shrimp

Dairy:

- Eggs
- Milk, Skim or Almond
- Reduced-fat shredded cheddar cheese
- Parmesan cheese
- Feta cheese
- Cottage cheese
- Plain Greek yogurt
- Light mayonnaise
- Sour cream

Frozen:

- Frozen cherries
- Frozen wild blueberries

- Crinkle cut butternut squash
- Tater tots

Canned Goods:

- Black beans
- Reduced-fat crescent rolls
- Black olives
- Marinara sauce

Bakery:

- English muffins
- Low-calorie bread
- Pita bread

Dry Goods:

- All-purpose flour
- Cornstarch
- Baking powder
- Baking soda
- Cocoa powder
- Protein powder
- Oats
- Chia seeds
- Poppy seeds
- Brown sugar
- Zero-calorie sweeteners (monk fruit, sucralose, stevia)
- Breadcrumbs
- Low carb corn tortillas
- Spaghetti or other noodles

Condiments & Sauces:

- Olive oil & vegetable oil
- Red wine vinegar
- Soy sauce
- Dijon mustard
- Light butter
- Light barbecue sauce (sugar-free)
- Sugar-free caramel sauce
- Chicken broth
- Tomato paste
- Orange juice
- Relish
- Unsweetened applesauce

Spices & Seasonings:

- Salt & pepper
- Paprika
- Onion powder
- Garlic powder
- Fennel seeds
- Cinnamon
- Vanilla extract
- Ranch seasoning
- Chipotle seasoning blend (or chipotle pepper, chipotle chili powder, cumin)
- Taco seasoning
- Capers

Misc:

- Unsweetened coconut milk
- Dark chocolate chips
- Bacon crumbles

Zero Point Snacks (Anytime of Day)

[Crispy Apple Chips](#)

[Simple Ceviche](#)

[Buffalo Chicken Celery Bites](#)

[Frozen Yogurt Blueberries](#)

[Rainbow Fruit Salad](#)

[Deviled Eggs](#)

[Jello Yogurt Fluff](#)

[Zero Point Popcorn](#)

More Zero Point Snacks [here!](#)

Visit the WW app or website to access the recipe builder and track your daily food intake and points.

Tips for Easy WW Meal Plan Prep:

1. Take an hour or two to cut all of the veggies and marinate any meat that needs it. That way, when you're ready to cook, it's as easy as throwing everything in the pan.
2. Repeat Monday through Wednesday meals, then use Thursday - Sunday meals for the next week. It cuts your cooking and prep time in half, and the recipes are delicious enough to eat twice!
3. To make this vegan or vegetarian friendly, swap all meat with vegetarian friendly options.
4. For a dairy free meal plan, leave out all cheese, use margarine instead of butter, and use almond milk or oatmilk instead of skim milk.

