

Printable 7-Day Weight Watchers Friendly Meal Plan (May 26th - June 1st)

WW Meal Plan SUNDAY May 26

B: [Pork Egg Bites](#) (1 point each) + 1 Banana (0 points)

L: [Butternut Squash Meatloaf](#) (4 points)

D: [Homemade Hamburger Helper](#) (8 Points)

Dessert: [Chocolate Banana Ice Cream](#) (3 points)

Total WW Points: 16

Notes: The homemade hamburger helper is a great meal if you're cooking for a family. They won't even know it's Weight Watchers friendly!

WW Meal Plan MONDAY May 27

B: [WW Breakfast Casserole](#) (5 WW points)

L: [Greek Turkey Meatballs](#) (6 points) + Side Salad & [Zero Point Ranch Dressing](#) (0 points)

D: [Weight Watchers Jerk Chicken](#) (1 points) Served with cauliflower rice or roasted vegetables (0 points)

Dessert: [Nutella Cookies](#) (3 points)

Total WW Points: 15

Notes: Any extra nutella cookies can be frozen, and saved for next week.

WW Meal Plan TUESDAY May 28

B: [Weight Watchers Migas](#) (3 points) with 1 cup mixed berries (0 points)

L: [Zero Point Chicken Salad](#) (0 points) Served in lettuce wraps

D: [Cuban Instant Pot Chicken and Rice](#) (6 points)

Dessert: [Peanut Butter Cheesecake](#) (11 points)

Total WW Points: 20

Notes: The Zero Point chicken salad is so good, you might want to have it for lunch every day of the week. Which is totally okay considering it is zero points.

WW Meal Plan WEDNESDAY May 29

B: [Blueberry Buckwheat Porridge](#) (1 point)

L: [Arizona Burrito Bowl](#) (0 points)
D: [Chicken Pot Pie](#) (8 points)
Dessert: [Peanut Butter Donuts](#) (4 points)

Total WW Points: 13

Notes: These peanut butter donuts are to die for. And if you've never had buckwheat porridge, it's a must try!

WW Meal Plan THURSDAY May 30

B: [Light and Fluffy Egg White Frittata](#) (3 points)
L: [Chinese Chicken Salad](#) (4 points)
D: [Shipwreck Casserole](#) (5 points)
Dessert: [Apple Crisp Pizza](#) (3 points)

Total WW Points: 15

Notes: Shipwreck casserole will be another family favorite. Or you can freeze the leftovers for a quick re-heat meal for the following week.

WW Meal Plan FRIDAY May 31

B: [Blended Overnight Oats](#) (5 points)
L: [Zesty Corn Pasta Salad](#) (3 points) Served with any leftover grilled chicken (0 points)
D: [Delightfully Light Chicken Divan](#) (5 points)
Dessert: [Red Wine Poached Pears](#) (2 points)

Total WW Points: 15

Notes: These red wine poached pears are amazing during a warm evening. Perfect for these spring nights.

WW Meal Plan SATURDAY June 1

B: [Apple Pancakes](#) (1 point)
L: [A Perfect Buddha Bowl](#) (2 points)
D: [Zucchini Lasagna](#) (5 points)
Dessert: [Creamy Mango Coconut Ice Cream](#) (0 point)

Total WW Points:

Notes: Apple pancakes are the perfect weekend breakfast! And they're just one point so you can enjoy alongside your family.

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. Diet sodas, unsweet tea, black coffee, and Crystal Light are great options that won't affect your points.

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:

- Onions
- Red bell peppers
- Potatoes
- Apples
- Peas
- Broccoli
- Garlic
- Butternut squash
- Spinach
- Scallions
- Scotch bonnet peppers
- Ginger
- Carrots
- Celery
- Cilantro
- Limes
- Cherry tomatoes
- Chinese cabbage
- Tangelo (tangerine)
- Purple cabbage
- Lettuce
- Yukon Gold Potato
- Sweet potatoes
- Red cabbage
- Corn
- Mushrooms
- Zucchini
- Pears
- Ripe bananas

Meat/Poultry:

- Ground pork
- Ham
- Smoked turkey sausage
- Ground turkey
- Chicken breasts
- Rotisserie chicken breast

- Lean ground beef

Dairy/Eggs:

- Eggs
- Cheddar cheese
- Milk of choice
- Cottage cheese
- Feta cheese
- Shredded mozzarella cheese
- Shredded swiss cheese
- Queso fresco
- Low-fat Greek yogurt
- Light cream cheese
- Fat-free Cool Whip

Canned Goods:

- Tomato paste
- Beef broth
- Chicken broth
- Condensed cream of chicken soup
- Black beans
- Corn
- White meat chicken in water
- Crushed pineapple
- Diced tomatoes
- Condensed tomato soup
- Chickpeas
- Coconut milk

Grains/Bread/Pasta:

- Corn tortillas
- Rolled oats
- Breadcrumbs (panko)
- White rice
- Ramen noodles
- Rotini pasta
- Pizza dough
- Graham cracker crust
- White flour

Frozen:

- Diced potatoes with peppers and onions
- Mixed vegetables
- Riced cauliflower

Baking/Spices/Seasonings:

- Olive oil
- Vegetable oil
- Salt
- Black pepper
- Garlic powder
- Baking powder
- Cinnamon
- Cardamom
- Ground ginger
- Vanilla extract
- Thyme
- Onion powder
- Paprika
- Oregano
- Red pepper flakes
- Cumin
- Clove
- Soy sauce
- Brown sugar
- Piloncillo
- Allspice
- Cornstarch
- Taco seasoning
- Ranch seasoning
- Lemon pepper (or Mrs. Dash)
- Dry mustard
- Italian seasoning
- Worcestershire sauce
- Dried parsley
- White pepper
- Unflavored gelatin
- Cocoa powder

Other:

- Stevia
- Buckwheat groats
- Tomato sauce
- Sugar free Barbecue sauce
- Sesame oil
- Rice vinegar
- Mayonnaise
- Sour cream

- White vinegar
- Mango pulp
- Red wine
- Granulated stevia
- PB2 powder
- Peanut butter
- Lily's no sugar added dark chocolate chips
- Nutella
- Mini Reese's pieces
- Unsweetened applesauce
- Cookie butter
- Mini chocolate chips

Zero Point Snacks (Anytime of Day)

[Jello Grapes](#)

[Steamed Edemame](#)

[Banana Souffle](#)

[Veggies with Zero Point Ranch](#)

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. Check your pantry before shopping to see if you have any leftover ingredients from last week.
2. If you frozen any meals or desserts from last week, repurpose them this week! It saves you time and money.
3. Dedicate a couple of hours to prepping ingredients in advance. Chop all the necessary vegetables, measure out spices, and portion out any grains or proteins. Having everything ready to go will make cooking a breeze when mealtime arrives.
4. Double up on recipes and cook in batches. Prepare enough food for multiple meals, so you can enjoy leftovers throughout the week. This saves time and ensures you always have a healthy meal on hand.