

FREE 7-Day Weight Watchers Friendly Meal Plan (June 2nd-8th)

WW Meal Plan SUNDAY June 2

B: [Kodiak Pumpkin Muffins](#) (1 point) + 2 Eggs (0 points)

L: [Sushi Salad](#) (2 points)

D: [Instant Pot Cabbage Chicken](#) (2 points)

Dessert: [Key Lime Cheesecake](#) (8 points)

Total WW Points: 13

Notes: Pumpkin is a fall flavor, but pumpkin packs so many nutrients and fiber that it's great to have it year-round. So enjoy your pumpkin muffins for breakfast!

WW Meal Plan MONDAY June 3

B: [Monte Cristo Casserole](#) (7 points)

L: [Ground Turkey Shepherd's Pie](#) (2 points)

D: [WW Beef and Broccoli](#) (4 points)

Dessert: [Banana Smores](#) (2 points)

Total WW Points: 15

Notes: The shepherd's pie is so good, you'll probably want it for lunch every day this week. It'll save you time and money if you do end up having the leftovers, so plan on that.

WW Meal Plan TUESDAY June 4

B: [Breakfast Bubble Up Cups](#) (3 points)

L: [Chicken Cobb Sandwich](#) (7 points)

D: [Pizza Casserole](#) (6 points)

Dessert: [Pecan Thumbprint Cookies](#) (2 points)

Total WW Points: 18

Notes: The family will love the pizza casserole, and it's a great, easy weeknight meal.

WW Meal Plan WEDNESDAY June 5

B: [Chicken Frittata](#) (1 point)

L: [Heirloom Tomato Sandwich with Basil Mayo](#) (7 points)

D: [Thai Noodle Bowl](#) (5 points)

Dessert: [Chocolate Peanut Butter Fruit Dip](#) (3 points) + Fruit (0 points)

Total WW Points: 16

Notes: The heirloom tomato sandwich will get you in the mood for summer!

WW Meal Plan THURSDAY June 6

B: [Flat Out Eggs Benedict](#) (5 points)

L: [Taco Bell's Meximelt](#) (6 points)

D: [Instant Pot Honey Garlic Chicken](#) (2 points) + Baked Sweet Potato (0 Points)

Dessert: [Baked Apples](#) (7 points)

Total WW Points: 20

Notes: You can plan any zero point side dish/veggie for the honey garlic chicken. It doesn't have to be a sweet potato.

WW Meal Plan FRIDAY June 7

B: [Berry French Toast](#) (6 points)

L: [Simple Turkey Meatloaf](#) (1 point) + Plain Baked Potato (0 points)

D: [Instant Pot Tamales](#) (5 points)

Dessert: [Watermelon Berry Salad](#) (0 points)

Total WW Points: 12

Notes: The watermelon berry salad is the perfect night cap on a warm spring or summer evening!

WW Meal Plan SATURDAY June 8

B: [Breakfast Stromboli](#) (7 points)

L: [Taco Casserole](#) (5 points)

D: [Air Fryer Turkey Burgers](#) (1 Point) + Baked Sweet Potato Wedges (0 Points)

Dessert: [Air Fryer Cinnamon Roll Bites](#) (7 points)

Total WW Points: 20

Notes: Use a bun for your turkey burgers if you've got the points for it.

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:

- Avocado
- Banana
- Apples
- Watermelon
- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Lemons
- Limes
- Mint
- Red onions
- Garlic
- Green chilies (optional)
- Cherry tomatoes
- Carrots
- Zucchini
- Cucumber
- Radishes
- Lettuce
- Romaine lettuce
- Mixed salad greens
- Cabbage
- Broccoli
- Mushrooms
- Bean sprouts
- Snow peas
- Green onions
- Yellow bell pepper
- Red bell pepper
- Sweet potato
- Russet potatoes

Meat/Poultry/Fish:

- Lean deli ham
- Canadian bacon
- Center cut low point bacon
- Chicken breast
- Ground chicken
- Ground turkey
- Lean ground beef

- Turkey Italian sausage
- Pork pepperoni
- Smoked salmon
- Shrimp

Dairy:

- Unsweetened almond milk or Low-fat milk
- Eggs
- Egg whites
- Reduced-fat Swiss cheese
- Shredded reduced fat cheddar cheese
- Shredded queso fresco
- Fat-free mayonnaise
- Light mayonnaise
- Cottage cheese
- Plain Greek yogurt
- Light butter
- Light cream cheese
- Fat free cool whip

Grains/Starches:

- Kodiak Cakes Protein Packed Buttermilk Mix
- Pillsbury reduced-fat croissants
- Pillsbury pizza dough
- Flatout fold its, 5 grain and flax
- Low-calorie bread
- Whole wheat tortillas
- Corn tortillas
- Rice
- Rice noodles
- Cellentani pasta
- Panko breadcrumbs
- Corn flour
- Oats, steel cut
- All purpose flour
- Pillsbury cinnamon rolls

Canned Goods:

- Pumpkin puree
- Diced tomatoes
- Rotel
- Chicken broth
- Low sodium marinara sauce
- Pinto beans

- Black beans
- Sweet corn

Frozen Items:

- Corn
- Frozen home fries
- Peas and carrots

Misc:

- Olive oil
- Canola oil
- Vegetable oil
- Sesame oil
- Apple cider vinegar
- White vinegar
- Rice vinegar
- Dijon mustard
- Worcestershire sauce
- Soy sauce
- Honey
- Stevia
- Sugar-free syrup
- Brown sugar
- White sugar
- Icing sugar
- Peanut butter
- Marshmallow fluff
- Lindt 70% dark chocolate
- Graham crumbs
- Taco seasoning
- Ranch seasoning
- Italian seasoning
- Pizza seasoning
- Pumpkin spice
- Cinnamon
- Chili powder
- Paprika
- Cumin
- Thyme
- Oregano
- Black pepper
- Salt
- Kosher salt
- Sea salt

- Vanilla extract
- Cornstarch
- Baking powder
- Achiote powder
- Tamarind paste (optional)
- Peanuts (optional)
- Pecans
- Nori seaweed
- Sesame seeds
- Sliced black olives
- Sugar free ketchup
- Jello fat free chocolate pudding mix

Zero Point Snacks (Anytime of Day)

[Kale & Parmesan Chips](#)

[Orange Creamsicle Treat](#)

[Blueberry Froyo Bark](#)

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. Invest in quality storage containers to keep your prepped ingredients and cooked meals fresh. Mason jars, bento boxes, and reusable silicone bags are great options for easy storage and portioning.
2. Don't be afraid to get creative with leftovers. Transform last night's dinner into a new meal by adding fresh veggies, a different sauce, or serving it over a bed of greens. The possibilities are endless!
3. Make use of your slow cooker or Instant Pot to simplify meal prep. Toss in your ingredients in the morning, set it, and forget it until dinnertime. These handy appliances can help you create delicious, hands-off meals with minimal effort.
4. Experiment with plant-based proteins to add variety to your meals. Incorporate tofu, tempeh, legumes, or quinoa to create satisfying vegetarian and vegan dishes that are packed with nutrients and flavor.

5. For those with gluten sensitivities, opt for gluten-free alternatives like rice, quinoa, or gluten-free pasta. Be sure to read labels carefully and choose certified gluten-free products when necessary.