

FREE 7-Day Weight Watchers Friendly Meal Plan (June 16th - 22nd)

WW Meal Plan SUNDAY June 16

B: [Turkey Sausage Breakfast Patties](#) (0 points) + 2 Eggs (0 points) + 1 cup cut fruit (0 points)

L: [Deli Crab Salad](#) (5 points) + Lettuce wraps (0 points)

D: [Lemony Spinach Couscous with Burrata](#) (4 points)

Dessert: [Root Beer Floats](#) (0 points)

Total WW Points: 9

Notes: Freeze any turkey sausage breakfast patties you have leftover, because they make a great zero point breakfast or snack.

WW Meal Plan MONDAY June 17

B: [Baked Lemon Blueberry Pancake Squares](#) (4 points)

L: [General Tso's Chicken](#) (5 points) over Cauliflower Rice (0 points)

D: [Orecchiette ith Asparagus, Peas and Lemon](#) (7 points)

Dessert: [Lemon Meringue Cookies](#) (0 points)

Total WW Points: 16

Notes: Buy frozen riced cauliflower for a quick, easy addition to meals that won't add points. There are several recipes this week that can be paired with cauliflower rice!

WW Meal Plan TUESDAY June 18

B: [Sweet and Crunchy French Toast Sticks](#) (6 points)

L: [Slow Cooker Shredded Korean Pork](#) (5 points) + Two Mission Zero Carb tortillas (2 points)

D: [Sour Cream and Onion Chicken](#) (6 points) + Plain Baked Potato (0 points)

Dessert: [Grilled Fruit Kabobs](#) (0 points)

Total WW Points: 19

Notes: The shredded Korean pork is so good, you'll want eat the leftovers for lunch. And it'll save you time and money that way! It's also a recipe that goes great with cauliflower rice if you don't want to use points on tortillas.

WW Meal Plan WEDNESDAY June 19

B: [Spinach, Tomato, Feta Breakfast Casserole](#) (5 points)

L: [Bell Pepper Nacho Boats](#) (4 points)

D: [Grilled Chicken Skewers with Peanut Butter Sauce](#) (9 points) + Grilled Vegetables (0 points)

Dessert: [Zero Point Cheesecake](#) (0 points)

Total WW Points: 18

Notes: Get creative with the grilled vegetables, and use anything that's seasonal or local. It's a great way to bulk up your meal without adding points.

WW Meal Plan THURSDAY June 20

B: [Creamy Banana French Toast Casserole](#) (7 points)

L: [Teriyaki Chicken Broccoli Bowls](#) (4 points)

D: [Veggie Ranch Pizza](#) (3 points)

Dessert: [Froyo Bark](#) (0 points)

Total WW Points: 14

Notes: If you find that you're hungry throughout the day, add some shredded chicken (0 points) to your veggie ranch pizza. Protein helps keep you full.

WW Meal Plan FRIDAY June 21

B: [Chocolate Peanut Butter Waffle](#) (7 points)

L: Grilled Chicken (0 points) + [Twice Baked Potatoes](#) (2 points)

D: [Mediterranean Meatball Salad](#) (8 points)

Dessert: [Banana Souffle](#) (0 points)

Total WW Points: 17

Notes: The banana souffle is just two ingredients! It's a great recipe to keep in your back pocket if you need a quick healthy dessert.

WW Meal Plan SATURDAY June 22

B: [Breakfast Kabobs](#) (6 points)

L: [Doritos Taco Salad](#) (4 points)

D: [Air Fryer Buffalo Chicken Taquitos](#) (2 Points)

Dessert: [Strawberry Fluff](#) (0 points)

Total WW Points: 12

Notes: Because the Buffalo chicken taquitos are so low in points, you will more than likely have room for a few! You can also enjoy it with a side salad if you need a larger meal.

Now it's time to get to the grocery store! Use this sectioned list to grab everything you need for the week. Double-check the pantry and fridge to see what you already have!

WW Meal Plan Grocery List

Dairy:

- Fat-free plain yogurt / Greek yogurt
- Milk (1%, 2%, reduced fat, or almond)

- Eggs
- Reduced fat cream cheese (Neufchâtel)
- Fat-free or light sour cream
- Buttermilk
- Shredded cheddar cheese (reduced fat)
- Crumbled feta cheese (reduced fat)
- Burrata cheese

Meat:

- Ground turkey (99% lean, raw)
- Chicken breasts (boneless, skinless)
- Pork tenderloin (lean)
- Ground beef (95% lean)
- Imitation crab meat

Produce:

- Strawberries
- Blueberries
- Honeydew melon (or cantaloupe)
- Mangoes
- Mint leaves
- Bananas
- Lemons
- Spinach (baby)
- Grape tomatoes
- Onions
- Garlic
- Asparagus
- Scallions
- Dill (fresh)
- Green onions
- Cucumber
- Red pepper
- Cilantro (or parsley)
- Ginger root (fresh)
- Jalapeño peppers
- Sweet mini peppers
- Broccoli
- Iceberg lettuce
- Tomato
- Potatoes

Grains and Breads:

- Weight Watchers white bread (or any low-calorie bread)

- Whole wheat bread
- Couscous
- Orecchiette pasta
- Macaroni noodles
- Long grain brown rice
- Low carb tortillas

Canned and Packaged Goods:

- Sugar-free jelly / jello crystals or powder
- Sugar-free maple syrup
- Splenda
- Fat-free, sugar-free instant cheesecake pudding mix
- Besti Powdered Monk Fruit Allulose Blend
- Self-rising flour
- Frosted Flakes cereal
- Pancake mix
- Chicken or vegetable broth (reduced sodium)
- Almond flour
- Kight mayo
- Peanut butter (natural, creamy, or crunchy)
- Lite soy sauce (or tamari)
- Hoisin sauce
- Chili paste
- Cornstarch
- Onion soup mix
- Ripe black olives (canned, large)
- Teriyaki sauce
- Taco seasoning (reduced sodium)
- Light Catalina or French dressing
- Nacho cheese Doritos

Oils, Vinegar, and Condiments:

- Zero-calorie cooking spray
- Margarine
- Extra virgin olive oil
- Sesame oil
- Canola or vegetable oil
- Rice vinegar
- Balsamic vinegar
- Apple cider vinegar
- Dijon mustard
- Buffalo sauce

Seasonings and Baking:

- Vanilla extract
- Almond extract
- Cream of tartar
- Salt
- Black pepper
- Cinnamon
- Oregano (dried or fresh)
- Thyme
- Sage
- Fennel seeds
- Garlic powder
- Onion powder
- Red pepper flakes
- Nutmeg (ground)
- Cocoa powder
- Baking powder
- Brown sugar (or Stevia)
- Sesame seeds
- Cumin (ground)
- Chili powder
- Paprika
- Cayenne pepper
- Lemon pepper
- Chives

Zero Point Snacks (Anytime of Day)

[Zero Point Banana Bread Muffins](#)

[Sour Patch Grapes](#)

[Strawberry Popsicles](#)

[Watermelon Slushie](#)

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. Don't underestimate the power of a well-stocked pantry. Keep a variety of shelf-stable ingredients on hand, such as canned beans, whole grains, and versatile spices. These items can be used to create nourishing meals in a pinch, even when your fridge is running low.

2. Maximize your freezer space by storing portion-sized meals or ingredients for future use. Soups, stews, and casseroles are great options for freezing, as they can be easily reheated on busy weeknights. You can also freeze individual servings of cooked grains, proteins, or sauces for added convenience.

3. Make meal prep a family affair by involving your loved ones in the process. Assign tasks to your children, such as washing produce, measuring ingredients, or setting the table. Not only will this help you bond as a family, but it will also teach your kids valuable cooking skills and encourage them to make healthier food choices.

4. Use your meal prep time to practice mindfulness and self-care. Put on your favorite podcast, audiobook, or music playlist while you chop, cook, and assemble your meals. Take breaks to stretch, hydrate, and appreciate the nourishing food you're preparing for yourself. By turning meal prep into a relaxing ritual, you'll be more likely to stick with it in the long run.