

FREE 7-Day Weight Watchers Friendly Meal Plan (June 9th -15th)

WW Free Meal Plan SUNDAY June 9

B: [Strawberry Scones](#) (3 points) + 2 boiled or poached eggs (0 points)

L: [Turkey Taco Lettuce Wraps](#) (6 points)

D: [Slow Cooker Herbed Chicken and Veggies](#) (7 points)

Dessert: [WW Mud Cake](#) (2 points)

Total WW Points: 18

Notes: Start your week off with something fun, like these strawberry scones! I love them with a hot cuppa tea, but coffee works well of course.

WW Free Meal Plan MONDAY June 10

B: [Apple Cinnamon French Toast Sandwiches](#) (4 points)

L: [Mushroom Steak Fajita Sandwiches](#) (7 points)

D: [Low Carb Asian Lettuce Wraps](#) (5 points)

Dessert: Leftover [WW Mud Cake](#) (2 points)

Total WW Points: 18

Notes: The Asian lettuce wraps are so easy to make, plus they're delicious. You may want to make double, and just have leftovers for lunch tomorrow to save you time and money.

WW Free Meal Plan TUESDAY June 11

B: [Spinach and Veggie Taco Bowls](#) (3 points)

L: [Heirloom Tomato Salad](#) (7 points) + Grilled chicken (0 points)

D: [Slow Cooker Chicken Gyros](#) (7 points)

Dessert: [Strawberry Pie](#) (3 points)

Total WW Points: 20

Notes: You can use any zero point grilled meat for the heirloom tomato salad. It would go fantastic with seafood or pork loin.

WW Free Meal Plan WEDNESDAY June 12

B: [Peanut Butter Chocolate Oatmeal Muffins](#) (3 points) + 1 cup fruit (0 points)

L: [Wake Me Up Keep Me Going Smoothie](#) (8 points)

D: [Open Face Grilled Turkey Burgers](#) (4 points)

Dessert: [Slow Cooker Fruit Cobbler](#) (3 points)

Total WW Points: 18

Notes: The smoothie is packed with nutrients and will keep you full. It's perfect if you need a refreshing lunch in the heat of Summer.

WW Meal Plan THURSDAY June 13

B: [Flat Out Jam Pancake Sandwich](#) (6 points)

L: [Tomato Hummus Spinach Sandwich](#) (3 points)

D: [Hearty Kale Salad](#) (6 points)

Dessert: [Cinnamon Sugar Jelly Rolls](#) (2 points)

Total WW Points: 17

Notes: Don't mistake the hearty kale salad for a meager meal. It really is hearty!

WW Meal Plan FRIDAY June 14

B: [Spinach Ricotta Pie](#) (5 points)

L: [Meaty Veggie Roll Ups](#) (1 point) + Fruit of choice (0 points)

D: [No Mayo Chicken Salad](#) (6 points)

Dessert: [Mini Peanut Butter Cookies](#) (1 point)

Total WW Points: 13

Notes: Add any leftover hummus you have to the meaty veggie roll ups. It may add a point or two, but the flavor will be delicious. It's a great pool side lunch.

WW Meal Plan SATURDAY June 15

B: [Hashbrown Egg Bake](#) (5 points)

L: [Skinny Burrito In A Jar](#) (5 points)

D: [Roasted Pear & Feta Salad](#) (4 Points) + Grilled Chicken or Shrimp (0 Points)

Dessert: [Mint Oreo Cheesecake](#) (5 points)

Total WW Points: 19

Notes: This mint oreo cheesecake is divine. Freeze any leftovers so you've already got dessert made for next week!

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.

It's time to shop! Use this list to grab everything you need for the week. Make sure you look through your pantry and fridge and mark what you already have.

WW Meal Plan Grocery List

Produce:

- Strawberries
- Apples
- Peppers
- Red onion
- Spinach
- Bananas
- Grapes
- Avocado
- Kale
- Tomatoes
- Chives
- Spring mix
- Bosc pears
- Sweet potato
- Pomegranate seeds
- Carrots
- Cherry tomatoes
- Celery
- Dill (fresh)
- Parsley
- Curly cabbage leaves
- Green onions
- Mushrooms
- Garlic
- Lemon
- Cucumber
- Ginger root
- Butter lettuce leaves

Meat/Poultry:

- Lean ground turkey
- Beef sirloin tip steak
- Chicken breasts
- Ground chicken

Dairy & Eggs:

- Light butter substitute
- Nonfat plain Greek yogurt
- Skim milk or unsweetened plain almond milk
- Eggs
- Liquid egg whites

- Light ricotta cheese
- Reduced fat shredded mozzarella cheese
- Feta cheese crumbles (fat-free)
- Low-fat fresh mozzarella cheese

Bread & Bakery:

- Low calorie bread
- Multigrain bread
- Whole wheat pita pockets
- Naan bread or pita bread rounds

Canned Goods:

- Black beans

Frozen:

- Hash browns
- Frozen fruit

Condiments, Sauces & Oils:

- No sugar added strawberry jam
- Olive oil
- Canola oil
- Salsa
- Roasted garlic hummus
- Red wine vinegar
- Whole-grain mustard
- Honey
- Sesame oil
- Rice wine vinegar
- Soy sauce (lite)
- Unsweetened applesauce
- Reduced sugar jam
- Peanut butter (reduced fat)

Spices & Baking:

- Self-rising flour
- Monk fruit sweetener
- Vanilla extract
- Brown sugar
- Baking powder
- Baking soda
- Mini chocolate chips
- All-purpose flour
- Sugar

- Cinnamon
- Unsweetened cocoa powder
- Salt
- Cornstarch
- Peppermint extract
- Confectionary sugar

Nuts, Seeds & Dried Fruit:

- Chia seeds
- Sesame seeds (toasted)

Beverages:

- Unsweetened green tea

Snacks & Misc.:

- El Paso whole grain tortilla bowls
- Oscar Mayer center cut bacon
- Pillsbury reduced fat crescent rolls
- Pillsbury biscuits
- Flatout wraps
- Whole wheat breadcrumbs
- Oreo pie crust
- Light cream cheese
- Fat free cool whip
- Mint oreo thin cookies

Zero Point Snacks (Anytime of Day)

[Weight Watchers Cheesecake](#)

[Creamy Chocolate Yogurt](#)

[No Bake Brownies](#)

[Very Berry Smoothie](#)

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. Stock up on versatile, low-point staples like vegetables, fruits, lean proteins, and whole grains. Having a well-stocked pantry and fridge will make it easier to whip up healthy meals and snacks on the fly.

2. Invest in a good set of kitchen knives and a cutting board. Sharp knives and a sturdy cutting board will make meal prep faster, safer, and more enjoyable. Plus, you'll feel like a pro in the kitchen!

3. Don't forget about healthy snacks! Keep pre-portioned servings of air-popped popcorn, fresh fruit, veggies with hummus, or low-fat cheese on hand for when hunger strikes between meals. This will help you avoid reaching for less nutritious options.

4. Make mealtime a family affair by involving your loved ones in the planning and preparation process. Assign age-appropriate tasks to kids, like washing vegetables or setting the table, to teach them about healthy eating habits and make them feel included.

5. Take advantage of technology by using apps and websites that provide Weight Watchers-friendly recipes, tracking tools, and community support. Connecting with others on a similar journey can help keep you motivated and inspired along the way.