

## FREE 7-Day WW Meal Plan October 6th - 12th

### Weight Watchers Meal Plan SUNDAY October 6

B: [Eggs Benedict](#) (7 points)  
L: [Roasted Butternut Squash Soup](#) (1 point)  
D: [Chicken Pecan Salad](#) (4 points)  
Dessert: [Pumpkin Pie Mousse](#) (2 points)

**Total WW Points: 14**

**Notes:** Get the kids involved in the pumpkin pie mousse! It's so easy to make, and they'll love working in the kitchen with you.

### Weight Watchers Meal Plan MONDAY October 7

B: [Apple Pie Parfait](#) (4 points)  
L: [Spaghetti Carbonara](#) (5 points)  
D: [Weight Watchers Gumbo](#) (5 points)  
Dessert: [Angel Food Cake](#) (4 points)

**Total WW Points: 18**

**Notes:** October is the perfect month to warm up with some gumbo! It doesn't have to be heavy in calories and fat to be good, as you'll find with this Weight Watchers recipe.

### Weight Watchers Meal Plan TUESDAY October 8

B: [Breakfast Taquitos](#) (2-4 points)  
L: [Corn Chowder](#) (3 points)  
D: [Spiced Turkey and Butternut Squash Skillet](#) (3 points)  
Dessert: [S'mores Brownies](#) (3 points)

**Total WW Points: 13**

**Notes:** If you find that the corn chowder isn't very filling, add a side of rotisserie chicken for some extra protein.

### Weight Watchers Meal Plan WEDNESDAY October 9

B: [Avocado Toast](#) (3 points)  
L: [Pork Bulgogi](#) (4 points)  
D: [The Best Meatloaf](#) (5 points)  
Dessert: [Bread Pudding](#) (3 points)

**Total WW Points: 15**

**Notes:** Meatloaf is such a hearty dinner, making it perfect for a chilly October evening. The recipe is easy and delicious!

## Weight Watchers Meal Plan THURSDAY October 10

B: [Oatmeal Blueberry Pancakes](#) (2 points)

L: [One Pot Cheesy Chili Mac](#) (6 points)

D: [Chicken Breast Stuffed with Mushrooms](#) (3 points) + points for rice

Dessert: [Maple Pecan Pinwheels](#) (3 points)

**Total WW Points: 14**

**Notes:** You can make any side that you want for the chicken breast stuffed with mushrooms. I find I have plenty of points for something hearty like rice or quinoa. If you have leftover rice from the pork bulgogi, it's a great addition.

## Weight Watchers Meal Plan FRIDAY October 11

B: [Healthy Apple Scones](#) (4 points)

L: [Thanksgiving Turkey Burger](#) (2 points)

D: [Creamy White Chicken Chili](#) (2 points)

Dessert: [Caramel Pumpkin Poke Cake](#) (5 points)

**Total WW Points: 13**

**Notes:** This caramel pumpkin poke cake is to die for. Make one for a friend while you're at it - it's a great holiday share!

## Weight Watchers Meal Plan SATURDAY October 12

B: [Pumpkin Spice Muffins](#) (4 points) + Boiled Eggs (0 points)

L: [Skillet Chicken Pot Pie](#) (6 points)

D: [Instant Pot Broccoli Cheddar Soup](#) (4 points)

Dessert: [Apple Nut Crisp](#) (3 points)

**Total WW Points: 17**

**Notes:** I love stocking the freezer with these pumpkin spice muffins. They make great breakfasts or snacks on the go.

Now it's time to get to the grocery store! Use this sectioned list to grab everything you need for the week. Double-check your pantry and fridge before shopping so you don't double up on ingredients.

# Grocery List

## Produce

- Apples
- Avocado
- Bananas
- Blueberries
- Broccoli
- Butternut squash
- Carrots
- Celery
- Corn (fresh or frozen)
- Garlic
- Grapes
- Green onions (scallions)
- Honeycrisp apple
- Lemon
- Lime
- Mushrooms
- Okra
- Onions (white, red, yellow)
- Pears
- Potatoes
- Red bell pepper
- Sage (fresh)
- Spinach (baby)
- Thyme (fresh)
- Tomatoes
- Zucchini
- Tarragon (fresh)

## Meat and Poultry

- Bacon (Canadian)
- Chicken breast
- Ground beef (93% lean)
- Ground pork
- Ground turkey (93% or 99% lean)
- Ham (smoked)
- Shrimp
- Turkey sausage (smoked, low fat)

## Dairy and Eggs

- Butter (light)
- Buttermilk (low-fat)

- Cheddar cheese (50% reduced fat, sharp)
- Cool Whip (lite, fat-free or sugar-free)
- Cream cheese (light)
- Eggs
- Goat cheese
- Greek yogurt (non-fat)
- Half and half
- Milk (skim or non-fat)
- Mozzarella cheese (part-skim)
- Parmesan cheese
- Velveta cheese (reduced-fat)

#### Bakery

- Angel food cake mix
- Baguette
- Bread (low-point or whole grain)
- Crescent rolls (Pillsbury, reduced fat)
- English muffins (whole grain)
- Graham crackers

#### Pantry Items

- Almond butter
- Apple cider vinegar
- Applesauce (unsweetened)
- Baking powder
- Baking soda
- Brown sugar (light)
- Cake mix (yellow, white, or spice)
- Caramel sauce (Smucker's Sugar-free)
- Cashew milk (unsweetened)
- Chicken broth (low-sodium)
- Chocolate chips (Lily's dark)
- Cocoa powder (unsweetened)
- Coconut flakes
- Cornstarch
- Dijon mustard
- Fish stock
- Flour (all-purpose and self-rising)
- Great Northern Beans
- Green chiles (canned, diced, mild)
- Jell-O (Vanilla, Sugar-Free, Fat-Free Instant Pudding)
- Kidney beans (red, canned)
- Ketchup (reduced sugar)
- Maple extract

- Maple syrup (light)
- Marshmallows (mini)
- Mayonnaise (light)
- Nuts (almonds, pecans, walnuts)
- Oats (old fashioned or quick cooking)
- Olive oil
- Peas (frozen)
- Pumpkin puree (canned)
- Raisins
- Red wine vinegar
- Sesame oil
- Sesame seeds
- Soy sauce
- Stuffing mix (boxed)
- Sugar substitute (zero-calorie, e.g., monk fruit powder with erythritol)
- Tomato paste
- Tomato sauce (canned)
- Tomatoes (canned, diced)
- Vanilla extract
- Vegetable oil
- Vinegar (white)
- White wine
- Worcestershire sauce

#### Pasta and Grains

- Macaroni (wheat)
- Pasta shells (small)
- Spaghetti (whole wheat)

#### Spices and Seasonings

- Bay leaves
- Black pepper
- Cayenne pepper
- Pumpkin seeds
- Salt (kosher)
- Thyme (dried)
- Rosemary (dried)
- Cinnamon
- Chili powder
- Cumin
- Garlic Powder
- Lawry's Seasoned Salt
- Nutmeg
- Onion powder

- Oregano (dried)
- Paprika (smoked)
- Pumpkin pie spice