

Weight Watchers Meal Plan September 29th - October 5th

Weight Watchers Meal Plan SUNDAY September 29

B: [Pumpkin Spice Granola](#) (3 points) + Nonfat Greek Yogurt (0 points)

L: [Turkey Taco Stuffed Sweet Potatoes](#) (5 points)

D: [Pumpkin and Orange Soup](#) (1 point)

Dessert: [Caramel Apple Crisp](#) (6 points)

Total WW Points: 15

Notes: This pumpkin spice granola is one of my favorite DMS recipes. It goes on everything- from fruit to yogurt - you can even snack on it as is!

Weight Watchers Meal Plan MONDAY September 30

B: [Maple Pecan Banana Muffins](#) (2 points)

L: [Roasted Veggie Burritos](#) (9 points)

D: [Pork Loin with Plum Sauce](#) (6 points) + Roasted Veggies (0 points)

Dessert: [Pumpkin Oatmeal Chocolate Chip Cookies](#) (2 points)

Total WW Points: 19

Notes: The roasted veggie burritos are a make-ahead meal. Make as many as you need, pop them in the freezer, and you've got breakfast ready to go for the next week or so.

Weight Watchers Meal Plan TUESDAY October 1

B: [Apple Cranberry Oatmeal Bake](#) (5 points)

L: [Healthy Zuppa Toscana](#) (3 points)

D: [Coconut Basil Chicken](#) (2 points) + Roasted veggies (0 points)

Dessert: [Pumpkin Cream Cheese Roll Ups](#) (6 points)

Total WW Points: 16

Notes: The coconut basil chicken is so creamy and hearty. It's the perfect recipe to use for a dinner party. Serve it with a warm mixed-grain salad if you have the points for it.

Weight Watchers Meal Plan WEDNESDAY October 2

B: [Healthy Pumpkin Pancakes](#) (2-3 points)

L: [Vegetable Soup](#) (0 points)

D: [Buffalo Chicken Baked Ziti](#) (8 points)

Dessert: [Apple Cider Donuts](#) (3 points)

Total WW Points: 14+

Notes: Vegetable soup is a staple in the fall, and you can freeze any leftovers you have. Keep it stocked in the fridge for next week's dinners and you'll save time without sacrificing flavor.

Weight Watchers Meal Plan THURSDAY October 3

B: [Breakfast Bowls](#) (4 points)

L: [WW Mac and Cheese](#) (4 points) + grilled chicken (0 points)

D: [Skinny Loaded Potato Soup](#) (8 points)

Dessert: [Double Chocolate Banana Bread](#) (5 points)

Total WW Points: 21

Notes: Loaded potato soup is also a fall staple. You can beef it up by adding any lean ground meat like ground chicken or ground turkey. It won't affect the points, but it'll add lots of protein.

Weight Watchers Meal Plan FRIDAY October 4

B: [Leftover Pumpkin Spice Granola + Nonfat Greek yogurt](#) (3 points)

L: [Zero Point Chili](#) (0 points)

D: [Lasagna Pasta](#) (7 points)

Dessert: [Peanut Butter Oatmeal Bars](#) (4 points)

Total WW Points: 14

Notes: Chili is a fantastic fall lunch or dinner option - it's hearty and filling! My favorite part is that it's easy to make zero points, so you can enjoy as much as you need.

Weight Watchers Meal Plan SATURDAY October 5

B: [Apple, Maple, and Pecan Oatmeal](#) (5 points)

L: [Comforting Taco Casserole](#) (1 point)

D: [Skinny Fettucine Alfredo](#) (10 points)

Dessert: [Peanut Butter Balls](#) (2 points)

Total WW Points: 18

Notes: Yes, you can fully enjoy pasta while on Weight Watchers. And what's better on a chilly evening than a heaping plate of fettuccine alfredo? Not much! This recipe is a must-make.

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
- Bananas
- Cabbage

- Carrots
- Cauliflower
- Cranberries (fresh)
- Garlic
- Green beans
- Green onions
- Jalapenos
- Kale
- Lemon
- Lime
- Onions
- Orange
- Parsley
- Plums
- Potatoes
- Pumpkin
- Sweet potatoes
- Tomatoes
- Zucchini
- Yellow squash
- Bell peppers (red, green, yellow, orange)
- Rosemary (fresh)
- Basil (fresh)
- Bay leaves

Dairy & Eggs

- Eggs
- Milk of choice
- Nonfat Greek yogurt
- Sour cream
- Light cream cheese
- Cheddar cheese
- Mozzarella cheese
- Parmesan cheese
- Colby jack cheese
- Butter

Meat & Poultry

- Ground chicken
- Ground turkey
- Pork loin
- Rotisserie chicken
- Bacon bits

Grains & Pasta

- Oats
- Flour (all-purpose, self-rising, oat)
- Macaroni
- Fettuccine
- Bowtie pasta
- Ziti

Canned & Jarred Goods

- Pumpkin puree
- Corn (whole kernel)
- Black beans
- Kidney beans
- Diced tomatoes
- Marinara sauce
- Condensed cheese soup
- Refried black beans

Baking & Spices

- Sugar (brown, powdered)
- Baking powder
- Baking soda
- Salt
- Pepper
- Cinnamon
- Nutmeg
- Allspice
- Pumpkin pie spice
- Italian seasoning
- Taco seasoning
- Ranch seasoning
- Cumin
- Paprika
- Chili powder
- Oregano
- Turmeric
- Curry powder
- Red pepper flakes
- Fennel seed
- Vanilla extract

Nuts & Seeds

- Pumpkin seeds
- Pecans

- Walnuts

Oils & Vinegars

- Coconut oil
- Olive oil
- Apple cider vinegar
- White vinegar

Condiments & Sauces

- Maple syrup (sugar-free)
- Honey
- Taco sauce
- Buffalo wing sauce
- Tomato paste
- Peanut butter

Frozen Foods

- Hash brown potatoes

Miscellaneous

- Stevia
- Flatout light original wraps
- Dipping chocolate/confectioner's coating
- Cornstarch
- Cocoa powder
- Mini chocolate chips
- Sugar-free caramel sauce
- Chicken broth
- Beef broth

Visit the WW app or website to access the recipe builder and track your daily food intake and points.

Tips for Easy and Efficient Prep:

1. Take advantage of October's harvest by incorporating autumn vegetables like pumpkins, squash, sweet potatoes, and Brussels sprouts into your meal prep. These vegetables are not only nutritious but also versatile and can be roasted in large batches for use throughout the week.
2. As the weather cools down, warm, comforting meals become more appealing. Use your slow cooker or Instant Pot to make large batches of soups, stews, or chili. These can be portioned out and frozen for quick, hearty meals on busy days.

3. With the holiday season approaching, mornings can become hectic. Prepare make-ahead breakfast items like overnight oats, breakfast burritos, or pumpkin muffins. These can be easily customized with seasonal flavors like cinnamon, nutmeg, and apple.