WW Meal Plan SUNDAY November 10th

B: Tofu Scramble (0 points) + fresh fruit of choice
L: Air Fryer Lemon Pepper Shrimp (1 point) over salad of choice (0 points)
D: Chicken Broccoli Rice Casserole (4 points)
Dessert: Pumpkin Spice Bundt Cake (2 points)
Total WW Points: 8
Notes: Since this is such a low point day, feel free to add toast or a wrap to the Tofu scramble for some filling carbs.

WW Meal Plan MONDAY November 11th

B: Baked Breakfast Taquitos (1+ points)
L: No Cook Chickpea Salad (0 points)
D: Mexican Beef Stew (5 points)
Dessert: Slow Cooker Cranberry Pear Cobbler (5 points)
Total WW Points: 11+
Notes: There is a hearty, spiced stew awaiting you at the end of this day. It's perfect for warming you up after a long day of work.

WW Meal Plan TUESDAY November 12th

B: Sausage and Egg Breakfast Pockets (6 points)
L: Slow Cooker Tortellini Spinach Soup (6 points)
D: Bell Pepper Chicken Casserole (2 points)
Dessert: Caramel Apple Mini Pies (5 points)
Total WW Points: 19
Notes: Make extra caramel apple mini pies and freeze them. They're perfect for grabbing when you need a little sweet treat to get through the night, and they re-heat beautifully in the oven.

WW Meal Plan WEDNESDAY November 13th

B: Turkey Egg Wrap (5 points)
L: Pork Cabbage Rolls (5 points)
D: Cornbread Pudding Casserole (4 points) + Roasted chicken (0 points)
Dessert: Yogurt Tart (3 points)
Total WW Points: 17
Notes: You may be new to this yogurt tart, but don't skip over it. It's so easy to make, and can be paired with warmed, cinnamon apples or pears.

WW Meal Plan THURSDAY November 14th

B: Blackberry and Chia Breakfast Pudding (8 points)
L: Instant Pot Spicy Corn Chowder (6 points)
D: One Pan Honey Mustard Chicken and Vegetables (3 points)
Dessert: Mini Pecan Pies (3 points each)
Total WW Points: 20
Notes: This day is packed with seasonal flavors! I love that the breakfast puddings are on the go, and lunch is made in a flash using the instant pot.

WW Meal Plan FRIDAY November 15th

B: Eggs and Bacon Stuffed Acorn Squash (5 points)
L: Salad with veggies of choice, leftover roast chicken, and Cilantro Lime dressing (0 points)
D: Pork Loin with Plum Sauce (6 points)
Dessert: Apple Cobbler (5-8 points)
Total WW Points: 19
Notes: The pork loin dinner and apple cobbler combination is perfect for a dinner party. So save these recipes for when you're entertaining.

WW Meal Plan SATURDAY November 16th

B: Leftovers!
L: Steak and Bean Soft Tacos (5 points)
D: Homemade Weight Watchers Pizza (3 points per slice)
Dessert: Pumpkin Cookies (3 points)
Total WW Points: 11
Notes: If you're like me, you love an easy Saturday to end the week. Enjoy leftovers and an easy-to-make (healthy) pizza right at home.

Check the following grocery list and mark what you need to grab from the store.

Grocery List

PRODUCE
- Acorn squash
- Apples (Fuji or Gala)
- Blackberries
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cherry tomatoes
- Cilantro

- Corn (fresh ears)
- Cranberries
- Fresh spinach
- Garlic
- Green beans
- Green onions
- Jalapeños
- Lemon
- Lime
- Onions (red, white, yellow)
- Parsley
- Bell peppers (red, green)
- Plums
- Potatoes (Russet)
- Roma tomatoes
- Rosemary
- Thyme
- Cabbage

MEAT & SEAFOOD
- Chicken breasts
- Flank steak
- Ground pork
- Lean beef
- Pork loin
- Shrimp
- Turkey bacon
- Turkey sausage

DAIRY & EGGS
- Butter
- Cheddar cheese (fat-free)
- Cream cheese (fat-free)
- Eggs
- Greek yogurt (nonfat)
- Half & half (fat-free)
- Milk (skim)
- Mozzarella cheese
- Parmesan cheese
- Sour cream (fat-free)

PANTRY
- All-purpose flour
- Almond extract

- Applesauce (unsweetened)
- Baking powder
- Baking soda
- Bay leaves
- Caramel sauce
- Chia seeds
- Chili powder
- Cinnamon
- Coconut (unsweetened)
- Coconut milk
- Cornbread mix
- Cornstarch
- Cumin
- Garlic powder
- Ginger
- Honey
- Lemon pepper
- Molasses
- Mustard
- Nutmeg
- Nutritional yeast
- Olive oil
- Oregano
- Paprika
- Pecans
- Pumpkin pie spice
- Pumpkin puree
- Salt
- Self-rising flour
- Stevia/monk fruit sweetener
- Sugar (white, brown)
- Taco seasoning
- Turmeric
- Vanilla extract
- White whole wheat flour

CANNED & PACKAGED
- Beef broth
- Chicken broth
- Chickpeas
- Corn (creamed and kernels)
- Italian style tomatoes
- Kidney beans
- Marinara sauce

- Pears in water
- Pizza sauce
- Salsa
- Tomato paste
- Tortellini (frozen)
- Tofu (extra firm)
- Vegetable broth
- Vinegar (white, balsamic)
- Wonton wrappers

BREAD & TORTILLAS
- Corn tortillas
- Pie crusts