

Weight Watchers Meal Plan SUNDAY November 3rd

B: [Choco Oats](#) (5 points)

L: [4 Ingredient Easy Taco Cauliflower Skillet](#) (4 points)

D: [Easy Lasagna Soup](#) (6 points)

Dessert: [Pumpkin Pie Cake](#) (3 points)

Total WW Points: 18

Notes: I love the comfort of lasagna, but it is packed with WW points. If you feel the same way, then this lasagna soup is the perfect mix of comfort but points-friendly.

Weight Watchers Meal Plan MONDAY November 4th

B: [Sweet Potato Sausage Breakfast Casserole](#) (2 points)

L: [Cheeseburger Lettuce Wraps](#) (6 points)

D: [Baked Gnocchi Bolognese](#) (9 points)

Dessert: [S'mores Bites](#) (2 points)

Total WW Points: 19

Notes: You won't believe that this gnocchi bolognese is Weight Watchers friendly! It'll be a hit all winter long.

Weight Watchers Meal Plan TUESDAY November 5th

B: [Peach Crepes with Candied Almonds](#) (5 points)

L: [Cheesy Italian Rice Skillet](#) (6 points)

D: [Tortellini Soup](#) (3 points)

Dessert: [Baked Apples](#) (5 points)

Total WW Points: 19

Notes: Substitute the peaches in the crepes with any fall fruit - like apples - for a delicious twist.

Weight Watchers Meal Plan WEDNESDAY November 6th

B: [3 Ingredient Banana Omelette](#) (1 point)

L: [Weight Watchers Chicken Pot Pie](#) (4 points)

D: [Zero Point Asian Soup](#) (0 points)

Dessert: [Apple Cake](#) (7 points)

Total WW Points: 12

Notes: Chicken pot pie is one of the most comforting dishes, and with this recipe, you can have it for just 4 Weight Watchers points! You may even double up on servings - it's that good.

Weight Watchers Meal Plan THURSDAY November 7th

B: [Brown Sugar Oat Coffee Cake](#) (5 points) + 2 boiled eggs (0 points)

L: [Healthy Veggie Quesadillas](#) (2 points)

D: [King Ranch Chicken Casserole](#) (4 points)

Dessert: [Pineapple Dessert](#) (5 points)

Total WW Points: 16

Notes: All of the meals for this Thursday pack in comfort, flavor, and warmth. Save these recipes to get you through the coming cold months.

Weight Watchers Meal Plan FRIDAY November 8th

B: [Tortilla Quiche Bake](#) (3 points)

L: [Fiesta Chicken](#) (0 points)

D: [Weight Watchers Meatloaf](#) (5 points)

Dessert: [No Bake Cheesecake](#) (4 points)

Total WW Points: 12

Notes: This day features easy-to-make meals, because it's Friday, and no one wants to spend the end of the week making time-consuming recipes.

Weight Watchers Meal Plan SATURDAY November 9th

B: [Sweet Potato Pancakes](#) (6 points)

L: [Chicken Broccoli Teriyaki](#) (3 points)

D: Leftovers! Choose any soup or dish you have leftover from this week.

Dessert: Leftovers! From your favorite dessert this week.

Total WW Points: 9+

Notes: This entire day could feature leftovers if you prefer. It's the perfect way to completely relax over the weekend and stay on track with your goals.

Grocery List

Produce

- Skim milk
- Sweet potatoes
- Garlic
- Onions
- Green bell peppers
- Swiss chard
- Bananas
- Mushrooms
- Tomatoes
- Cauliflower
- Zucchini
- Spinach
- Celery
- Carrots
- Bok choy

- Napa cabbage
- Ginger root
- Scallions
- Red bell pepper
- Bean sprouts
- Snow peas
- Cilantro
- Corn
- Broccoli
- Apples
- Pineapple
- Lemons

Dairy & Eggs

- Eggs
- Light butter substitute
- Cottage cheese
- Mozzarella cheese
- Cheddar cheese
- Cream cheese
- Parmesan cheese
- Evaporated milk
- Cool Whip

Meat & Poultry

- Turkey sausages
- Ground turkey, lean
- Ground beef, lean
- Chicken breast

Grains & Baking

- Oats
- All-purpose flour
- Self-rising flour
- Brown rice
- Long grain rice
- Lasagna noodles
- Tortellini pasta
- Graham crackers

Canned & Jarred Goods

- Cocoa powder
- Canned sliced peaches
- Salsa

- Black beans
- Crushed tomatoes
- Diced tomatoes
- Water chestnuts
- Bamboo shoots
- Cream of mushroom soup
- Pumpkin purée and sweet potato puree (get regular sweet potatoes if you can't find puree)

Frozen Foods

- Mixed vegetables

Condiments & Spices

- Cinnamon
- Salt
- Black pepper
- Vanilla extract
- Nutmeg
- Italian seasoning
- Garlic powder
- Onion powder
- Olive oil
- Worcestershire sauce
- Oregano
- Rosemary
- Basil
- Red pepper flakes
- Paprika
- Thyme
- Chili powder
- Cayenne pepper
- Cumin
- Teriyaki sauce
- Pumpkin pie spice

Baking & Sweeteners

- Splenda
- Chocolate chips
- Cornstarch
- Monk fruit with erythritol
- Maple syrup
- Granulated sugar
- Brown sugar
- Powdered sugar
- Baking powder

- Baking soda

Breads & Wraps

- Burrito-sized tortillas
- Corn tortillas
- Crescent roll dough

Beverages

- Almond milk
- Diet Sprite

Miscellaneous

- Vegetable oil
- Ketchup
- Yellow mustard
- Pickle chips
- Soy sauce
- Chicken broth
- Beef broth
- Vegetable broth
- Cooking spray
- Hershey's bars
- Marshmallows