

Free WW Meal Plan SUNDAY December 15th

B: [Italian Omelet](#) (1 point)

L: [Crockpot Potato Soup](#) (4 points)

D: [Chicken Cordon Bleu Casserole](#) (5 points)

Dessert: [Caramel Apple Crisp Pizza](#) (2 points)

Total WW Points: 12

Notes: Potato soup is such a good winter meal, but it's often loaded with calories. This version is lightened up without sacrificing the flavor. Freeze any leftovers because you'll definitely want it again.

Free WW Meal Plan MONDAY December 16th

B: [Stuffed French Toast](#) (3 points)

L: [Starbucks Copycat Protein Bistro Box](#) (7 points)

D: [Thai Style Turkey Soup](#) (3 points)

Dessert: [Cinnamon Twists](#) (2 points)

Total WW Points: 15

Notes: If you've got a busy week ahead, you may want to make several of these copycat Bistro boxes since they're just an easy lunch! It'll reduce some of your cooking time this week.

Free WW Meal Plan TUESDAY December 17th

B: [Loaded Veggie Breakfast Cups](#) (1 point)

L: [Chicken Quesadilla Pie](#) (2 points)

D: [Sweet Potato Souffle](#) (3 points) served with Rotisserie Chicken

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

Total WW Points: 9+

Notes: I love rotisserie chickens for busy weeks like this. You get in an easy protein source for your meal, but can spruce up the sides to make it holiday themed.

Free WW Meal Plan WEDNESDAY December 18th

B: [Avocado Toast](#) (3 points)

L: Leftover Sweet Potato Souffle and Chicken (3+ points)

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

Dessert: [Apple Raisin Bread Pudding](#) (3 points)

Total WW Points: 12+

Notes: If you've never been a fan of bread pudding, this is a great one to give another try. The apple and raisin flavor is perfect for the season.

Free WW Meal Plan THURSDAY December 19th

B: Leftover breakfast cups or another italian omelet (1 point)

L: [Lemon Butter Spaghetti](#) (6 points)

D: [Chicken Pot Pie](#) (6 points)

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

Total WW Points: 18

Notes: I love a good, hearty chicken pot pie and this one keeps all the flavor without overloading you with carbohydrates.

Free WW Meal Plan FRIDAY December 20th

B: [Bacon Egg and Cheese Biscuits](#) (6 points)

L: [One Pot Chicken Creole](#) (0 points)

D: Leftover Cowboy Soup (3 points)

Dessert: [Snickerdoodle bars](#) (5 points)

Total WW Points: 14+

Notes: Since it's such a low point day, feel free to add rice or pasta to the one pot chicken creole for more of a filling meal.

Free WW Meal Plan SATURDAY December 21st

B: [Monte Cristo Casserole](#) (7 points)

L: [Sweet Potato Black Bean Enchilada Casserole](#) (4 points)

D: [Chili Relleno Soup](#) (1 point)

Dessert: [Air Fryer Apple Fritters](#) (5 points)

Total WW Points: 17

Notes: You'll keep this saturday easy but tasty by making these two casseroles and soup. Again, freeze any leftovers so you can head right into Christmas with healthy options stocked up.

Check your pantry and fridge for any of these listed items before heading to the grocery store.

Grocery List

PRODUCE

- Apples
- Avocado
- Baby bella mushrooms
- Basil
- Bell peppers (red & green)
- Carrots
- Celery
- Chives

- Cilantro
- Garlic
- Ginger
- Grapes
- Green chilis
- Lime
- Onions (red & yellow)
- Parsley
- Shallots
- Snow peas
- Sweet potatoes
- Tomatoes (grape)

DAIRY & EGGS

- American cheese (2%)
- Butter (light)
- Cream cheese (light)
- Eggs
- Greek yogurt (non-fat)
- Mozzarella (part-skim)
- Milk (skim)
- Parmesan cheese
- Swiss cheese (low-fat)

MEAT & PROTEIN

- Bacon (regular & Canadian)
- Chicken (boneless, skinless)
- Ground beef (97% lean)
- Ham
- Turkey

PANTRY

- All-purpose flour
- Baking powder and soda
- Bay leaves
- Brown sugar
- Caramel sauce (sugar-free)
- Cinnamon
- Cornstarch
- Cream of chicken soup
- Cream of mushroom soup
- Condensed potato soup (cream of)
- Cream of tartar
- Cumin

- Enchilada sauce
- Garlic powder
- Maple syrup
- Maple extract
- Nutmeg
- Oats
- Oregano
- Paprika
- Pecans
- Powdered sugar
- Raisins
- Red beans
- Red curry paste
- Rice noodles
- Salt
- Self-rising flour
- Splenda
- Sugar
- Tomato paste
- Vanilla extract

BREAD & BAKERY

- Biscuits (low-fat)
- Bread (Sara Lee multigrain)
- Crescent rolls (reduced-fat)
- Pizza dough (Pillsbury)
- Tortillas (Ole high fiber)

FROZEN

- Corn
- Hash browns
- Mixed vegetables

CANNED & JARRED

- Chicken broth
- Coconut milk
- Tomato sauce