

Free WW Meal Plan SUNDAY December 22nd

B: [Easy Waffles](#) (2 points)
L: [Chicken Quesadilla](#) (3 points)
D: [Creamy Chicken Noodle Soup](#) (4 points)
Dessert: [Low Sugar Apple Pie](#) (2 points)

Total WW Points: 11

Notes: We're keeping this week simple but comforting. Make sure to save or freeze any leftovers so you have no-cook options after Christmas.

Free WW Meal Plan MONDAY December 23rd

B: [Hearty Breakfast Casserole](#) (3 points)
L: [Air Fryer Salmon Cakes](#) (0 points) + any veggies you like
D: [Instant Pot Split Pea Soup](#) (2 points)
Dessert: [Pumpkin Spice Bundt Cake](#) (2 points)

Total WW Points: 7+

Notes: Get your kids to love this split pea soup by making this a Grinch movie night!

Free WW Meal Plan TUESDAY December 24th

B: [Brown Sugar Oat Coffee Cake](#) (5 points) + Boiled Eggs (0 points)
L: [Pull Apart Cheesy Christmas Bread](#) (5 points) + Rotisserie Chicken
D: [Baked Ziti](#) (8 points)
Dessert: [Soft Gingerbread Cookies](#) (4 points)

Total WW Points: 22

Notes: Don't forget to leave a few of these delicious gingerbread cookies out for Santa!

Free WW Meal Plan WEDNESDAY December 25th

B: [Strawberry Puff Pastry Christmas tree](#) (6 points)
L: [Instant Pot Broccoli Cheddar Soup](#) (4 points)
D: [Slow Cooker Whole Chicken](#) (0 points) + [Cauliflower Garlic Chive Mashed Potatoes](#) (1 point)
+ [Parmesan Green Beans](#) (3 points)
Dessert: [Peppermint Pie](#) (6 points)

Total WW Points: 20

Notes: Merry Christmas!

Free WW Meal Plan THURSDAY December 26th

B: Leftovers!
L: Leftovers!

D: Leftovers!

Dessert: Leftovers!

Total WW Points: 20+

Notes: The day after Christmas is time for rest after the chaos of the holidays. Enjoy the day off of cooking and munch on any leftovers you have from the week.

Free WW Meal Plan FRIDAY December 27th

B: [Caramel Apple Loaf](#) (5 points) + Boiled Eggs (0 points)

L: [Best Sheet Pan Asian Chicken](#) (5 points)

D: [Buffalo Chicken and Potato Casserole](#) (7 points)

Dessert: [Easy Biscotti](#) (2 points)

Total WW Points: 19

Notes: This buffalo chicken casserole is a good place to use any leftover rotisserie chicken from Christmas Eve or Christmas.

Free WW Meal Plan SATURDAY December 28th

B: [Turkey Sausage](#) + Fruit + Eggs (all 0 points)

L: [Air Fryer Popcorn Chicken](#) (1 point) + leftover sides from Christmas dinner

D: [Egg Roll Soup](#) (3 points)

Dessert: [Mini Cherry Pies](#) (4 points)

Total WW Points: 8+

Notes: I love these mini cherry pies - they're perfect for whipping up a small personalized sweet treat.

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

Grocery List

Produce

- Medium onion
- Garlic cloves
- Leek
- Carrots
- Medium potato
- Green onions
- Celery stalks
- Fresh chives
- Fresh or frozen green beans
- Portobello mushrooms
- Cherry tomatoes
- Fresh lemon

- Green peppers
- Red peppers
- Tomatoes
- Cauliflower
- Small head of cabbage
- Apples
- Broccoli
- Zucchini
- Lemons
- Fresh parsley
- Fresh thyme

Dairy & Eggs

- Eggs
- Nonfat plain Greek yogurt
- Fat-free whipped topping
- Fat-free milk
- Skim milk
- Almond milk (unsweetened)
- Fat-free or reduced-fat shredded cheddar cheese
- Nonfat cottage cheese
- Low-fat cream cheese
- Reduced-fat velveta cheese
- Mozzarella cheese sticks
- Heavy cream (or fat-free half-and-half)

Canned & Jarred Goods

- No-sugar-added strawberry preserves (or other flavor)
- Whole kernel corn (canned)
- Sweet peas (canned)
- Beef broth
- Chicken broth (low-sodium)
- Crushed tomatoes
- Reduced-fat crescent rolls
- Pumpkin puree (canned)
- White chocolate pudding mix (sugar-free)
- Canned Chicken - or leftover shredded chicken
- Diced turkey ham

Frozen Foods

- Frozen cherries
- Salmon fillet (or fresh)

Grains & Breads

- Puff pastry sheets
- Small pasta shapes
- Self-rising flour
- All-purpose flour
- Quick oats
- Ziti pasta
- Low-carb tortillas
- Kodiak Cakes buttermilk mix

Baking & Sweeteners

- Powdered sugar (or substitute)
- Brown sugar (light and dark)
- White sugar
- Monk fruit sweetener (or similar sugar replacement)
- Cornstarch
- Baking powder
- Baking soda
- Cinnamon
- Nutmeg
- Ground ginger
- Pumpkin pie spice
- Vanilla extract
- Almond extract
- Peppermint extract
- Maple syrup
- Honey

Meats & Proteins

- Chicken breasts (boneless, skinless)
- Ground turkey
- Lean ground beef
- Bacon (turkey or regular)
- Sweet breakfast sausage (ground turkey or chicken)
- Savory breakfast sausage (ground turkey or chicken)

Condiments & Sauces

- Olive oil
- Mustard
- Soy sauce
- Oyster sauce

- Hot sauce (Frank's)
- Apple cider vinegar
- Lemon juice
- Garlic powder
- Onion powder
- Italian seasoning
- Honey
- Chicken broth (low-sodium)
- Sugar free caramel sauce

Seasonings & Spices

- Salt
- Black pepper
- Dried thyme
- Dried oregano
- Paprika
- Garlic salt
- Ground sage
- Ground thyme
- Onion powder
- Ground cumin
- Bay leaves
- Ground mustard
- Cinnamon
- Ground cloves
- Nutmeg

Miscellaneous

- Olive oil spray
- Light butter substitute

Specialty Items

- Aquafaba (for vegan recipes)
- Walnuts (raw, chopped)
- Dried apricots