

Weight Watchers New Years Meal Plan SUNDAY December 29th

B: [Broccoli Cheese Breakfast Egg Bake](#) (2 points)

L: [Queso Chicken and Rice Wraps](#) (5 points)

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

Dessert: Christmas treat leftovers

Total WW Points: 10+

Notes: Take this opportunity to use up any Christmas treat leftovers.

Weight Watchers New Years Meal Plan MONDAY December 30th

B: [Pumpkin French Toast Casserole](#) (4 points)

L: [Mushroom and Spinach Crepes](#) (2 points)

D: [Baked Turkey and Pasta](#) (4 points)

Dessert: [Mini Apple Pies](#) (3 points)

Total WW Points: 13

Notes: You can use the crepes as an opportunity to clean out the fridge as well. Use any veggies you've got leftover and add them in.

Weight Watchers New Years Meal Plan TUESDAY December 31st

B: [Apple Pie Oatmeal](#) (4 points)

L: [Weight Watchers Calzones](#) (4 points)

D: [Cheesy Ground Beef Stuffed Shells](#) (8 points) or check out [these WW NYE appetizers](#) if you're hosting a party!

Dessert: [Chocolate Mousse](#) (2 points)

Total WW Points: 18

Notes: This day is meant to be stress free, and adjustable based on your plans!

Weight Watchers New Years Meal Plan WEDNESDAY January 1st

B: Leftovers

L: [Hamburger Helper](#) (8 points)

D: New Year's Good Luck Meal: [Cornbread](#) (3 points), Black Eyed Peas, Greens, and [Instant Pot Pork Chops](#) (6 points)

Dessert: [Banana Splits](#) (2 points)

Total WW Points: 19+

Notes: Enjoy the traditional Good Luck New Years meal even on Weight Watchers!

Weight Watchers New Years Meal Plan THURSDAY January 2nd

B: [Jalapeno Cheddar Biscuits](#) (3 points) + Eggs (0 points)

L: [Light and Easy Zucchini Curry](#) (2 points)

D: [Chicken Pot Pie](#) (2 points)

Dessert: [Pineapple Upside Down Cakes](#) (4 points)

Total WW Points: 11

Notes: These jalapeno cheddar biscuits are SO good - you won't believe they're just 3 points.

Weight Watchers New Years Meal Plan FRIDAY January 3rd

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

L: Leftovers!

D: [Chicken Tortilla Casserole](#) (6 points)

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

Total WW Points: 16+

Notes: I love these no bake cherry cheesecakes anytime I need to whip up a yummy but low point treat.

Weight Watchers New Years Meal Plan SATURDAY January 4th

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

L: [Taco Fiesta Bubble Up](#) (8 points)

D: Leftovers!

Dessert: [Cinnamon Sugar Pizza](#) (5 points)

Total WW Points: 18+

Notes: Use apples instead of peaches for the crepes for more of a winter dish.

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

Grocery List

Produce:

- Apples
- Bananas
- Broccoli
- Carrots
- Celery
- Cherry tomatoes
- Garlic
- Green chilies
- Jalapeños
- Lemon

- Mushrooms
- Onions (white and red)
- Bell peppers (red, orange, yellow)
- Pineapple
- Spinach
- Strawberries
- Sweet potatoes
- Tomatoes
- Zucchini

Meat & Proteins:

- Chicken breasts
- Ground turkey
- Ground beef
- Pork chops
- Italian turkey sausage

Dairy & Refrigerated:

- Butter
- Cheddar cheese
- Cream cheese (fat-free)
- Cool Whip (fat-free)
- Eggs
- Feta cheese (fat-free)
- Greek yogurt (nonfat)
- Milk (2% and skim)
- Almond milk (unsweetened)
- Mozzarella cheese (reduced-fat)
- Parmesan cheese
- Reddi Whip (fat-free)
- Sour cream (fat-free)

Pantry:

- All-purpose flour
- Apple sauce (unsweetened)
- Baking powder
- Baking soda
- Black beans
- Brown sugar
- Chicken broth
- Cornmeal
- Cornstarch

- Corn
- Graham crackers (low-fat)
- Honey
- Maple syrup
- Oats
- Pasta (shells, tortellini, whole wheat)
- Pillsbury biscuits
- Pillsbury crescent rolls
- Powdered sugar
- Rice (white)
- Self-rising flour
- Sugar-free cake mix
- Tomato paste
- Tomato sauce

Canned & Jarred:

- Black eyed peas
- Cheddar cheese soup
- Cherry pie filling (lite)
- Collard greens
- Cream of mushroom soup (98% fat-free)
- Diced tomatoes
- Green chilies
- Peaches or Apples (for crepes)
- Pumpkin puree
- Roasted red peppers

Seasonings & Spices:

- Basil
- Black pepper
- Cinnamon
- Cumin seeds
- Curry powder
- Garlic powder
- Ginger garlic paste
- Italian seasoning
- Monk fruit sweetener
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Pumpkin pie spice
- Red pepper flakes

- Rosemary
- Salt
- Splenda
- Taco seasoning
- Thyme
- Vanilla extract

Beverages:

- Sprite Zero

Miscellaneous:

- Chocolate syrup
- Cooking spray (nonstick)
- Maraschino cherries
- Mission Carb Balance tortillas
- Olive oil
- Salsa
- Vegetable oil