Free WW Meal Plan SUNDAY March 16th

B: Banana Bread Muffins (0 points)
L: Tex Mex Cauliflower Rice Shrimp Bowl (5 points)
D: Homemade Hamburger Helper (8 points)
Dessert: Chocolate Chip Ricotta Cookies (3 points)
Total WW Points: 16
Notes: Hamburger helper is such an easy family dinner, and with this recipe you can make it fit perfectly into your Weight Watchers plan!

Free WW Meal Plan MONDAY March 17th

B: Breakfast Grilled Cheese (6 points)
L: Air Fyer Buffalo Chicken Nuggets (2 points)
D: Cuban Picadillo (4 points)
Dessert: Fudge Crinkle Cookies (2 points)
Total WW Points: 14
Notes: These air fryer buffalo chicken nuggets are so flavorful and crunchy. Toss them over a salad with some zero point ranch and you've got an amazing WW friendly lunch!

Free WW Meal Plan TUESDAY March 18th

B: Tortilla Quiche Bake (3 points)
L: Monte Cristo Flatout Sandwich (7 points)
D: Creamy Potato Cauliflower Soup (4 points)
Dessert: Coconut Raspberry Chocolate Cake (6 points)
Total WW Points: 20
Notes: This coconut raspberry chocolate cake is rich and perfect for entertaining. Or just for a night in by yourself! Why not enjoy a yummy treat when it's just 6 points?

Free WW Meal Plan WEDNESDAY March 19th

B: Leftovers!
L: Easy Taco Pockets (4 points)
D: Chicken Breast with Hot Cherry Peppers (3 points)
Dessert: Pecan Pinwheels (3 points)
Total WW Points: 10+
Notes: This is the perfect opportunity to use up any leftover banana bread muffins or tortilla quiche.

Free WW Meal Plan THURSDAY March 20th

B: Cranberry Pecan Muffins (3 points)
L: Leftovers!
D: Greek Sheet Pan Chicken (4 points)
Dessert: Cheesecake Brownies (9 points)
Total WW Points: 16+
Notes: The Greek sheet pan chicken can be served with potatoes or rice if you have the points for a heartier meal.

Free WW Meal Plan FRIDAY March 21st

B: Egg and English Muffin Breakfast Sandwich (5 points)
L: Taco Pasta Salad (4 points)
D: Salmon Caesar Salad (5 points)
Dessert: Leftovers!
Total WW Points: 14+
Notes: These breakfast sandwiches can be made ahead and frozen for any time you need a quick breakfast on the go.

Free WW Meal Plan SATURDAY March 22nd

B: Sweet Breakfast Casserole (5 points)
L: Cauliflower Nachos (4 points)
D: Leftovers!
Dessert: Lemon Cheesecake Yogurt Cups (5 points)
Total WW Points: 14+
Notes: Lemon cheesecake yogurt cups will bring in the bright flavors of spring and get you excited for warmer weather.

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

Grocery List

PRODUCE

- Garlic
- Onion
- Red bell pepper
- Potatoes
- Cauliflower
- Mushrooms
- Tomatoes
- Scallions

- Cilantro
- New potatoes
- Strawberries
- Raspberries
- Blueberries
- Bananas
- Apple
- Lemon
- Romaine lettuce
- Iceberg lettuce
- Blackberries

MEAT & SEAFOOD

- Ground beef
- Ground turkey
- Chicken breast cutlets
- Canadian bacon
- Shrimp
- Salmon fillets
- Anchovy fillets

DAIRY & EGGS - light versions when possible

- Milk
- Cheddar cheese
- Mozzarella cheese
- Cream cheese
- Cottage cheese
- Parmesan cheese
- American cheese
- Sour cream
- Greek yogurt
- Eggs
- Ricotta cheese
- Butter

PANTRY

- Tomato paste
- Corn starch
- Beef broth
- Olive oil
- Cumin
- Paprika

- Black pepper
- Red pepper
- Italian seasoning
- Mexican seasoning
- Garlic powder
- Thyme
- Onion powder
- Rosemary
- Dill
- Chili powder
- Taco seasoning
- Salt
- Vanilla extract
- Baking powder
- Flour
- Brown sugar
- Powdered sugar
- Sugar
- Cocoa powder
- Baking soda
- Cinnamon

CANNED & JARRED

- Diced tomatoes
- Kidney beans
- Black beans
- Chickpeas
- Hot cherry peppers

DRIED & NUTS

- Raisins
- Olives
- Sunflower seeds
- Nutritional yeast
- Dried cranberries
- Pecans
- Coconut flakes

FROZEN

- Corn

BREAD & BAKERY

- Tortillas
- Croissants
- Flatout wraps
- English muffins
- Multigrain bread
- Crescent rolls
- Vanilla wafers
- Blue corn tortilla chips

CONDIMENTS & SAUCES

- Apple cider vinegar
- Hot sauce
- Mayonnaise
- Maple syrup
- Salsa
- Catalina dressing

BAKING & DESSERT

- Chocolate chips
- White chocolate chips
- Chocolate cake mix
- Applesauce