

Weight Watchers Meal Plan SUNDAY April 6th

B: [Breakfast Stromboli](#) (7 points)

L: [Veggie Packed Salad with Almonds and Avocado](#) (3 points)

D: [Grilled Lemon Chicken with Spring Pea Saute](#) (1 point)

Dessert: [Cookies and Cream Rice Crispy Treats](#) (5 points)

Total WW Points: 16

Notes: Lunch and dinner both scream spring. They use bright and fresh produce to bring out the best of the season's flavors!

Free WW Meal Plan MONDAY April 7th

B: [Blueberry Breakfast Bake](#) (5 points)

L: [Air Fryer Ranch Turkey Burgers](#) (0 points) + add some points if you want a bun.

D: [Spring Chicken Soup with Veggies and Quinoa](#) (2 points)

Dessert: [Tropical Dump Cake](#) (4 points)

Total WW Points: 11

Notes: Use whatever fresh fruit you like in the breakfast bake to make it your own.

Weight Watchers Meal Plan TUESDAY April 8th

B: [Quinoa Breakfast Bowl](#) (5 points)

L: [Greek Chopped Salad with Feta and Olives](#) (4 points)

D: [Yogurt Chicken](#) (0 points) + Roasted Veggies (0 points)

Dessert: [Raspberry Poke Cake](#) (4 points)

Total WW Points: 13

Notes: I love a Greek salad, and this one is no exception. It's hearty yet perfectly refreshing for spring.

Weight Watchers Meal Plan WEDNESDAY April 9th

B: [Turkey Chorizo and Eggs](#) (0 points)

L: [Grilled Turkey Burger](#) (1 point) + [Sweet Potato Fries](#) (6 points)

D: Leftovers

Dessert: [Lime Fluff](#) (0 points)

Total WW Points: 7+

Notes: The sweet potato fries are worth the effort to make them. They come out perfectly crispy and pair so well with turkey burgers.

Weight Watchers Meal Plan THURSDAY April 10th

B: [Lemon Meringue Wonder Whip](#) (0 points) + Fruit (0 points)

L: Leftovers

D: [Chicken Cacciatore](#) (7 points)

Dessert: [Gluten Free Lemon Brownies](#) (3 points)

Total WW Points: 10+

Notes: Lemon Meringue Wonder Whip can be doubled as a dessert, but why not have a fun, vibrant breakfast when it's paired with fresh berries?!

Weight Watchers Meal Plan FRIDAY April 11th

B: [Caramel Cinnamon Rolls](#) (2-4 points) + 2 boiled eggs (0 points)

L: [Healthy Chicken Gyro Bowls](#) (0 points)

D: [Pizza Stuffed Peppers](#) (3 points)

Dessert: Leftovers

Total WW Points: 7+

Notes: The pizza stuffed peppers are such a good Friday night meal. You can even spruce it up to include your favorite "pizza toppings".

Weight Watchers Meal Plan SATURDAY April 12th

B: [Crustless Frittata](#) (0 points)

L: [Easy Taco Salad](#) (8 points)

D: [Crockpot Pineapple Verde Chicken](#) (0 Points) + Wraps or Rice (will add points)

Dessert: [Two Ingredient Pineapple Cake](#) (7 points)

Total WW Points: 15+

Notes: We're ending the weekend with two versions of pineapple dishes - one savory, one sweet. Both very worth the points!

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

Grocery List

Produce

- Blueberries (fresh or frozen)
- Green peppers
- Bell peppers (red, yellow, orange)
- Onion
- Red onion
- Shallots
- Celery
- Carrots
- Sugar snap peas
- Snow peas
- Green peas

- Cucumber
- English cucumber
- Zucchini
- Tomatoes
- Cherry/grape tomatoes
- Avocado
- Garlic
- Lemon
- Lime
- Banana
- Strawberries
- Sweet potatoes
- Spaghetti squash
- Romaine lettuce
- Mesclun/spring greens mix
- Spinach
- Broccoli slaw

Herbs & Spices

- Vanilla extract
- Cinnamon
- Salt
- Himalayan salt
- Kosher salt
- Black pepper
- Lemon pepper
- Garlic powder
- Onion powder
- Garlic salt
- Chili powder
- Cumin
- Coriander
- Oregano
- Paprika
- Crushed red pepper
- Fennel seeds
- Italian seasoning
- Rosemary
- Marjoram
- Dill
- Chives
- Basil
- Cilantro
- Everything but the bagel seasoning

Meat & Protein

- Bacon (center cut low point)
- Chicken breast
- Chicken thighs (bone-in)
- Ground turkey
- Ground turkey sausage (Italian)
- Ground round

Dairy & Refrigerated

- Eggs
- Egg whites
- Milk
- Almond milk
- Cashew milk
- Butter (light)
- I Can't Believe It's Not Butter (Light)
- Cheese (reduced fat shredded)
- Mozzarella cheese
- Cheddar cheese (reduced-fat sharp)
- Feta cheese
- Greek yogurt (plain, fat-free or 2%)

Bread & Bakery

- Great value biscuits
- Pillsbury pizza dough

Canned & Jarred Goods

- Cherry pie filling (light or sugar-free)
- Cherries (tart, pitted in water)
- Pineapple (tidbits or chunks)
- Pineapple (crushed)
- Olives (black)
- Kalamata olives
- Capers
- Chickpeas
- Marinara sauce (low sugar)
- Tomato paste
- Green chilies (fire roasted diced)
- Salsa
- Verde green salsa

Grains, Pasta & Legumes

- Quinoa
- Flour (all-purpose)
- Self-rising flour
- Gluten-free flour blend
- Cornstarch

Frozen Foods

- Home fries
- Peppers and onions vegetable mix

Condiments & Sauces

- Maple syrup (sugar-free)
- Dijon mustard
- Horseradish mustard
- Ketchup (reduced sugar)
- Worcestershire sauce
- Mayonnaise (light)
- Apple cider vinegar
- Red wine vinegar
- White wine vinegar
- Olive oil
- Extra virgin olive oil
- Vegetable oil
- Cooking spray

Baking & Sweets

- Sugar
- Sweetener (zero-calorie)
- Monk fruit powder
- Erythritol
- Stevia
- Chia seeds
- Baking soda
- Xanthan gum
- Angel food cake mix
- Yellow cake mix (sugar-free or keto-friendly)
- Raspberry Jello powder (zero-sugar, low-calorie)
- Lime jelly/jello (sugar-free)

Beverages

- Red wine
- Chicken broth (fat-free, reduced sodium)

Specialty Items

- Sugar-free caramel sauce
- Sliced almonds
- Tortilla chips