

Weight Watchers Meal Plan SUNDAY April 20th

B: [Spinach, Feta, Artichoke Breakfast Bake](#) (2 points)

L: [Slow Cooker Spiral Cooked Ham](#) (8 points), [Skinny Mashed Potatoes](#) (5 points)

D: [Miso Glazed Pork Tenderloin](#) (3 points), [Carrot Salad](#) (3 points)

Dessert: [Chocolate Rice Krispie Easter Egg Nests](#) (5 points)

Total WW Points: 23+ Depends on what you decide to have for Easter lunch!

Notes: If you celebrate Easter, consider taking one of these points-friendly side dishes to your family gathering! That way you don't have to feel excluded from the social fun.

Weight Watchers Meal Plan MONDAY April 21st

B: [Bacon, Eggs and Potatoes Breakfast Bake](#) (3 points)

L: [Mediterranean Meatball Salad](#) (8 points)

D: [Baked Stuffed Eggplant](#) (2 points)

Dessert: [Pineapple Angel Food Cake](#) (2 points)

Total WW Points: 15

Notes: I love this pineapple angel food cake in the spring, it's so refreshing!

Weight Watchers Meal Plan TUESDAY April 22nd

B: [Baked Avocado Egg Cups](#) (6 points)

L: [Veggie Ranch Pizza](#) (3 points)

D: [Grilled Chicken with Peanut Sauce](#) (8 points)

Dessert: [Watermelon Strawberry Popsicles](#) (0 points)

Total WW Points: 17

Notes: The 8 points for the peanut sauce come directly from the sauce, so that can be adjusted based on how much you use.

Weight Watchers Meal Plan WEDNESDAY April 23rd

B: [Biscuits and Gravy](#) (5 points)

L: [WW California Roll Salad](#) (8 points)

D: [Chimichurri Salmon](#) (1 point)

Dessert: [Lemon Cheesecake Bars](#) (4 points)

Total WW Points: 18

Notes: Depending on how many points you have for the day, I suggest serving the salmon over roasted vegetables or rice.

Weight Watchers Meal Plan THURSDAY April 24th

B: [Cannoli Stuffed French Toast Nuggets](#) (7 points)

L: [Tuna Pasta Salad](#) (4 points)
D: [Blackened Fish Tacos](#) (5 points)
Dessert: [Strawberry Fluff](#) (0 points)

Total WW Points: 16

Notes: These cannoli stuffed French toast nuggets are a fun way to change up the typical eggs and fruit breakfast.

Weight Watchers Meal Plan FRIDAY April 25th

B: [Breakfast BLT Salad](#) (3 points)
L: [Buffalo Baked Chicken Taquitos](#) (4 points)
D: [Spicy Quinoa Salad](#) (8 points)
Dessert: [No Bake Chocolate Peanut Butter Cookies](#) (3 points)

Total WW Points: 18

Notes: The spicy quinoa salad makes a fantastic leftover lunch.

Weight Watchers Meal Plan SATURDAY April 26th

B: [Flourless Banana Nut Pancakes](#) (3 points)
L: Leftovers - clean out the fridge!
D: [Shake n Bake Pork Chops](#) (5 points)
Dessert: [Frozen Yogurt Covered Blueberries](#) (0 points)

Total WW Points: 8+

Notes: Make sure you're cleaning out your fridge on Saturday to make room for next week's meal plan!

Grocery List

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

Produce

- Watermelon
- Strawberries
- Blueberries
- Romaine lettuce
- Cucumber
- Red pepper
- Green onions
- Cilantro
- Parsley
- Lemon
- Lime
- Garlic

- Ginger
- Avocados
- Broccoli
- Cherry/grape tomatoes
- Spinach (frozen)
- Artichokes (canned)
- Carrots
- Celery
- Green bell pepper
- Scallions
- Banana
- Eggplants
- Onion
- Red cabbage
- White cabbage
- English cucumber
- Iceberg lettuce
- Kale (Lacinto)
- Red onion
- Chili pepper

Meat/Seafood

- Ground turkey
- Chicken breasts
- Shredded chicken
- Turkey sausage crumbles
- Bacon/turkey bacon
- Ham (bone-in spiral cut)
- Pork tenderloin
- Pork chops
- Salmon fillets
- Mahi Mahi fillets
- Imitation crabmeat
- Tuna (canned)

Dairy & Eggs

- Eggs
- Egg whites
- Fat-free liquid egg substitute
- Cream cheese (reduced-fat)
- Almond milk
- Milk (1% low-fat)

- Greek yogurt (non-fat/plain)
- Fat-free ricotta cheese
- Fat-free cheddar
- Mozzarella cheese (reduced-fat)
- Parmesan cheese
- Feta cheese
- Light butter/margarine
- Light whipped butter

Bakery

- Flour tortillas
- Hot dog buns
- Self-rising flour

Pantry

- Honey
- Almond flour
- Mayo
- Onion powder
- Lemon pepper
- Chives
- Soy sauce/tamari
- Sesame oil
- Balsamic vinegar
- Red pepper flakes
- Peanut butter
- Ranch dressing mix (powdered)
- Buffalo sauce
- White sugar
- Cocoa powder
- Vanilla extract
- Salt
- Black pepper
- Quick-cooking oats
- Pecans
- Walnuts
- Dill
- Oregano
- Cinnamon
- Cloves
- Ginger ale
- Baking potatoes

- Raisins
- Apple cider vinegar
- Honey mustard
- Dark chocolate
- Rice Krispies cereal
- Cadbury mini eggs
- Miso paste (white, yellow, or red)
- Panko bread crumbs
- Smoked paprika
- Cayenne pepper
- Thyme
- Red wine vinegar
- Olive oil
- Crushed tomatoes
- Tomato paste
- Basil
- Cumin
- Vinegar (distilled)
- Wasabi powder
- Sugar-free pancake syrup
- Rice
- Pasta
- Quinoa
- Black beans (canned)
- Sugar-free jelly/jello crystals

Frozen

- Hash brown potatoes

Specialty Items

- Pillsbury Crescent Rolls (reduced-fat)
- Campbell's Healthy Request cream of mushroom soup
- Salsa (low-salt)