

## Free WW Meal Plan SUNDAY May 18th

B: [Instant Pot Frittata](#) (2 points)

L: [Chicken Cordon Bleu Quesadillas](#) (5-7 points)

D: [Hawaiian Pasta Bake](#) (4 points)

Dessert: [Healthy Buckeyes](#) (4 points)

**Total WW Points: 17**

**Notes:** The Flat out wraps are no longer available for the quesadillas, so feel free to use any low carb wrap.

## Free WW Meal Plan MONDAY May 19th

B: Leftovers

L: [Pizza Stuffed Burgers](#) (~4 points)

D: [Skillet Moroccan Chicken](#) (2 points)

Dessert: [Instant Pot Peanut Butter Lava Cake](#) (7 points)

**Total WW Points: 13+**

**Notes:** The Flat out fold-its are no longer available for the pizza stuffed burgers, so feel free to use any low carb bun or wrap.

## Free WW Meal Plan TUESDAY May 20th

B: [Breakfast Fajitas](#) (2 points)

L: [Vietnamese Spring Roll in a Bowl](#) (1 point)

D: [Pork Tenderloin with Pineapple Salsa](#) (2 points) + Rice, Potatoes, or Veggies

Dessert: [Baked Bananas](#) (3 points)

**Total WW Points: 8+**

**Notes:** Bowls for lunch are great ways to customize meals to your preference. Use the toppings you enjoy, and skip the rest!

## Free WW Meal Plan WEDNESDAY May 21st

B: [Sheet Pan Cheesy Hashbrowns and Eggs](#) (2 points)

L: [Nicoise Salad](#) (0 points)

D: [Buffalo Chicken Baked Potatoes](#) (7 points)

Dessert: [Chocolate Covered Stuffed Dates](#) (6 points)

**Total WW Points: 15**

**Notes:** The buffalo chicken baked potatoes make great leftovers for lunches. You can also easily change it to a BBQ chicken potato by using G-hughes sugar free BBQ sauce instead of Frank's hot sauce.

## Free WW Meal Plan THURSDAY May 22nd

B: [Breakfast Sausages and Eggs](#) (0 points)

L: [Spinach Cucumber Chicken Wraps](#) (3 points)

D: Leftovers

Dessert: [3 Ingredient Strawberries Romanoff](#) (3 points)

**Total WW Points: 6+**

**Notes:** This romanoff dessert is a great way to use any fresh fruit you have. You don't have to limit it to just strawberries!

## Free WW Meal Plan FRIDAY May 23rd

B: Leftovers

L: [Cranberry Chicken Salad on Apple Slices](#) (6 points)

D: [Chicken Primavera](#) (1 point)

Dessert: [Peach Blueberry Crisp](#) (8 points)

**Total WW Points: 15**

Notes: Chicken Primavera is a classic spring chicken recipe featuring colorful veggies and a light yet creamy yogurt sauce. Feel free to use any fresh veggies you have.

## Free WW Meal Plan SATURDAY May 24th

B: [Cheddar Scallion Hashbrown Waffles](#) (1 point)

L: [Pan Seared Tofu Bowls](#) (5 points)

D: [Tarragon Chicken with Asparagus](#) (2 points)

Dessert: Leftovers

**Total WW Points: 8+**

**Notes:** If you're not a fan of tofu, use tuna, chicken, or even turkey burgers for lunch instead.

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

## Grocery List

### Produce

- Cherry tomatoes
- Red onions
- Red bell peppers
- Yellow bell peppers
- Green beans (round)
- New potatoes
- Mixed lettuce leaves
- Artichoke hearts
- Zucchini

- Asparagus
- Leeks
- Peas
- Spinach
- Broccoli florets
- Limes
- Garlic
- Ginger
- White cabbage
- Purple cabbage
- Carrots
- Cucumber
- Bean sprouts
- Cilantro
- Mint leaves
- Fresh sage
- Fresh thyme
- Onions (regular)
- Celery
- Sweet red apples
- Strawberries
- Peaches (yellow)
- Blueberries
- Bananas (ripe)
- Avocado
- Chives
- Scallions
- Raspberries
- Fresh pineapple

#### Meat & Seafood

- Eggs
- Chicken breasts (boneless, skinless)
- Pork tenderloins
- Ground beef (extra lean)
- Shrimp (peeled and deveined)
- Turkey bacon
- Ground turkey (93% lean)
- Rotisserie chicken

#### Dairy & Refrigerated

- Plain yogurt
- Light cream cheese

- Ranch dressing (light, fat-free)
- Reduced-fat shredded cheese
- Swiss cheese (light)
- Mozzarella cheese (reduced fat)
- Cheddar cheese
- Sour cream (reduced-fat)
- Milk (skim, fat-free)
- Butter/ghee

#### Pantry Items

- Salt
- Black pepper
- Dried oregano
- Ground turmeric
- Paprika
- Ground cumin
- Cinnamon sticks
- Italian seasoning
- Dried tarragon
- Brown sugar (light)
- Honey
- Agave nectar
- Whole wheat flour
- Brown rice flour
- Coconut flour
- Baking powder
- Cocoa powder
- Bread crumbs

#### Canned & Bottled Goods

- Tuna in olive oil
- Chicken broth
- Pineapple juice
- Olives (black, Kalamata, green stuffed)
- Coconut milk (canned)

#### Condiments & Sauces

- Dijon mustard
- Regular mustard
- Olive oil
- Apple cider vinegar
- White vinegar

- Ranch dressing
- Pizza sauce
- Franks hot sauce
- Soy sauce (reduced sodium)
- Rice vinegar
- Sesame oil
- Sugar-free teriyaki sauce
- Oyster sauce
- Pineapple sauce (or sweet and sour)
- Hellman's mayonnaise
- S&B Chili Oil with Crunchy Garlic (or chili crunch)

#### Dry Goods

- High fiber penne pasta
- Rice noodles (or ramen noodles)
- Brown rice (cooked or frozen)
- Edamame (shelled)
- Low carb wraps
- Quick or rolled oats
- Frozen shredded hash brown potatoes

#### Specialty Items

- Anchovy fillets
- Capers
- Pepperoni slices
- Deli ham (lean)
- Extra-firm tofu
- Dates (medjool)
- Dried cranberries
- Unsweetened coconut flakes
- Natural peanut butter
- Dark chocolate/chocolate chips
- Stevia powdered