

## Weight Watchers Meal Plan SUNDAY July 13th

B: [Three Cheese Broccoli Brunch Bake](#) (5 points)

L: [Chinese Chicken Salad](#) (4 points)

D: [Chicken Fajitas](#) (4 points)

Dessert: [Nutella Filled Donut Bites](#) (2 points)

**Total WW Points: 15**

**Notes:** Chicken fajitas are a great way to use up summer's produce, in a filling way. You can never go wrong with build your own fajitas!

## Weight Watchers Meal Plan MONDAY July 14th

B: [Choco Oats](#) (5 points)

L: [BBQ Chicken Quesadilla](#) (6 points)

D: [Chicken Scampi](#) (8 points)

Dessert: [Strawberry Custard Tarts](#) (1 point) (summer entertaining essential)

**Total WW Points: 20**

**Notes:** These strawberry custard tarts are refreshing, easy to make, and are perfect for serving your non-weight watchers friends. And you can enjoy for just 1 point!

## Weight Watchers Meal Plan TUESDAY July 15th

B: [Spinach, Feta, Sundried Tomato Egg Muffins](#) (2 points)

L: Leftovers

D: [Shrimp and Rice](#) (9 points)

Dessert: [S'mores Pizza Roll Ups](#) (3 points)

**Total WW Points: 14+**

**Notes:** These egg muffins are perfect if you've got a tomato or spinach garden. They keep well throughout the week, so feel free to just use these for breakfast meal prep, rather than make something different each day.

## Weight Watchers Meal Plan WEDNESDAY July 16th

B: [Spring Veggie Breakfast Casserole](#) (4 points)

L: [Moroccan Flatbread Pizza](#) (~11 points)

D: [Ground Turkey Tacos](#) (6 points)

Dessert: [Mini Key Lime Pie Cookie Cups](#) (3 points)

**Total WW Points: 21**

**Notes:** Use whatever veggies you have for this breakfast casserole - is versatile and low in points.

## Weight Watchers Meal Plan THURSDAY July 17th

B: [Pineapple Coconut Baked Oatmeal Singles](#) (4 points)

L: [Vegetable Peanut Stir Fry](#) (5 points)

D: Leftovers

Dessert: [Cinnamon Cake Donuts](#) (3 points)

**Total WW Points: 12+**

**Notes:** A vegetable peanut stir fry is the recipe you need when your neighbor gives you a plethora of veggies from their garden. Use whatever you have and make this recipe your own.

## Weight Watchers Meal Plan FRIDAY July 18th

B: Leftovers

L: [Easy Thai Chicken Veggie Bowl](#) (3 points)

D: [Juicy Lucy \(Stuffed Turkey Burger\)](#) (4 points) (summer entertaining essential)

Dessert: [Peaches and Cream Popsicles](#) (1 point)

**Total WW Points: 8+**

**Notes:** Peaches and cream popsicles will get you through the rest of the summer. But feel free to experiment with any fresh fruit that you have.

## Weight Watchers Meal Plan SATURDAY July 19th

B: [Bacon and Corn Quiche](#) (5 points)

L: [Southwestern Chicken Skillet](#) (8 points)

D: [Pan Seared Fish with Olive Chimichurri](#) (4 points) (summer entertaining essential)

Dessert: Leftovers

**Total WW Points: 17+**

**Notes:** Pan-seared fish should be a go to recipe if you have surprise guests. It's quick to whip up, but absolutely delicious even if they're not on a Weight Watchers journey.

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

## Grocery List

### Produce

- Chicken breast (boneless skinless)
- Chinese cabbage
- Tangelo/tangerine
- Purple cabbage
- Carrots (spiralized/regular)
- Lettuce (shredded/iceberg)

- Scallions/green onions
- Fresh ginger
- Garlic
- Baby spinach
- Fresh spinach leaves
- Red bell pepper
- Green bell pepper
- Poblano pepper
- Medium onion
- Small onion
- Red onion
- Bell pepper (general)
- Cilantro
- Fresh parsley
- Limes
- Lemons
- Tomatoes
- Fresh asparagus
- Bok choy
- Broccoli
- Mushrooms (white/general)
- Sweet red pepper
- Fresh chives
- Sun-dried tomatoes
- Peaches
- Pineapple chunks
- Fresh strawberries

#### Pantry/Dry Goods

- Ramen noodles
- Peanuts
- Soy sauce
- Stevia
- Sesame oil
- Rice vinegar
- Whole wheat angel hair pasta
- Kosher salt
- Black pepper
- Crushed red pepper flakes
- Dry white wine
- Ground cumin
- Garlic powder
- Ancho/Mexican chili powder

- Long grain rice
- Extra long grain rice
- Brown rice (uncooked/Minute Rice)
- Sazon seasoning with achiote
- Salsa lizano
- Taco seasoning
- Tomato sauce (canned)
- Pico de gallo
- Pickles
- Ketchup
- Mustard
- Green olives
- Capers
- Dried oregano
- Thai peanut sauce
- Low sodium soy sauce
- Cornstarch
- Chicken broth (canned reduced-sodium)
- Pine nuts
- Paprika
- Frozen corn
- Barbecue sauce
- Old fashioned oats
- Brown sugar
- White sugar
- Unsweetened shredded coconut
- Baking powder
- Baking soda
- All-purpose flour
- White flour
- Bisquick Pancake and Baking Mix
- Vanilla extract
- Apple cider vinegar
- Nutella
- Mini chocolate chips
- Regular chocolate chips
- Chocolate chips
- Wonton wrappers
- Instant custard mix
- No sugar added strawberry jello
- Pillsbury pizza dough
- Graham crackers
- Reduced fat margarine
- Lime jello powder

- White cake mix
- Cinnamon
- Unsweetened cocoa powder
- Splenda packets
- Peanut oil
- Olive oil
- Extra virgin olive oil

## Meat & Seafood

- Boneless skinless chicken breasts
- Chicken breast (cooked/shredded)
- Shrimp (peeled and deveined)
- Ground turkey (93% lean)
- Ground beef (93% lean/fresh)
- Ground lamb (fresh)
- White fish fillets
- Center cut bacon

## Dairy & Eggs

- Large eggs
- Egg whites (liquid)
- Butter
- Light butter
- Skim milk
- Low fat milk (1%)
- Fat-free milk
- Part-skim cheddar cheese slices
- Reduced fat shredded Mexican cheese
- Reduced fat sour cream
- Shredded cheese (cheddar/Mexican blend)
- Fat-free cheddar cheese (shredded)
- 50% reduced fat sharp cheddar cheese
- 2% milk sharp cheddar cheese
- Reduced-fat cream cheese
- 1/3 less fat cream cheese
- Fat-free shredded mozzarella cheese
- Crumbled feta cheese
- Low fat cottage cheese (1%)
- Greek yogurt (nonfat plain)
- Greek yogurt (0% vanilla)
- Dannon Light & Fit Greek Toasted Coconut Vanilla yogurt
- Key lime yogurt

- Fat-free cool whip

#### Frozen

- Corn kernels
- Pie crust (9 inch)

#### Miscellaneous

- Olive oil spray
- Reduced-carb whole wheat flour tortillas
- Corn tortillas
- Hamburger rolls
- Whole wheat potato rolls
- Naan bread (garlic and coriander)
- Whole wheat bread slices
- Guacamole
- Broccoli slaw
- Edamame (shelled)
- Sweet potato (cooked)
- Italian seasoning
- Onion powder