

WW Meal Plan SUNDAY July 6th

B: [French Toast Sticks](#) (6 points)

L: [Israeli Salad with Crispy Lentils](#) (2 points)

D: [Ground Beef and Broccoli Stir Fry](#) (3 points)

Dessert: [Strawberry Shortcake Muffins](#) (3 points)

Total WW Points: 14

Notes: You can freeze the French toast sticks for any other morning that you want to have them. I recommend air frying them when ready to get them back to toasted status before enjoying.

WW Meal Plan MONDAY July 7th

B: [Spinach Feta Make-Ahead Sandwiches](#) (1 point)

L: [French Chicken Salad with Tarragon and Grapes](#) (0 points)

D: [Cajun Chicken Pasta](#) (7 points)

Dessert: [Mint Oreo Cheesecake](#) (8 points)

Total WW Points: 16

Notes: Yes, the French Chicken Salad is zero points! You can add crackers, a wrap, toasted bread or even a lettuce wrap depending on the points you have available.

WW Meal Plan TUESDAY July 8th

B: [Strawberry Banana Greek Yogurt Muffins](#) (2 points)

L: [Sesame Lime Chicken on Baby Kale](#) (1 point)

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

Dessert: [Banana S'mores](#) (2 points)

Total WW Points: 13

Notes: The banana S'mores are a great way to get in a serving of fruit while also enjoying a sweet!

WW Meal Plan WEDNESDAY July 9th

B: Leftovers

L: [Black and White Summer Bean Salad](#) (0 points)

D: [Grilled Shrimp Tacos with Peach Salsa](#) (6 points)

Dessert: [Cinnamon Sugar Jelly Rolls](#) (2 points)

Total WW Points: 8+

Notes: If you want a very easy, meal prepped lunch for the entire week, I highly suggest using this black and white summer bean salad recipe. It keeps well and the flavor just continues to develop all week.

WW Meal Plan THURSDAY July 10th

B: [Instant Pot Egg Bake](#) (3 points)

L: Leftovers

D: [Red Curry Salmon](#) (6 points)

Dessert: [Key Lime Pie](#) (5 points)

Total WW Points: 14+

Notes: This key lime pie is an amazing Weight Watchers version - don't be scared to serve it to non-Weight Watchers friends!

WW Meal Plan FRIDAY July 11th

B: [Cinnamon Roll Baked Oatmeal](#) (5 points)

L: [Crispy Chickpea Caesar Salad](#) (3 points)

D: Leftovers

Dessert: [Strawberry Torte](#) (5 points)

Total WW Points: 13+

Notes: You can either enjoy leftovers for dinner this Friday night, or use this as a night to eat out and enjoy some flexibility with your points!

WW Meal Plan SATURDAY July 12th

B: [Healthy Hash Brown Casserole](#) (5 points)

L: [Chaat Salad with Mango Chutney Dressing](#) (3 points)

D: [Pineapple Chicken Stir Fry](#) (7 points)

Dessert: Leftovers

Total WW Points: 15+

Notes: The peanuts and rice crackers in the Chaat salad bring loads of crispy texture, but you can swap them out for toasted sliced almonds and unsweetened puffed rice cereal instead.

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

Grocery List

Produce

- Bananas
- Strawberries (fresh)
- Frozen strawberries
- Limes
- Lemons
- Peach

- Avocado
- Red onion
- Yellow onion
- Sweet onion
- Green onion/scallions
- Green bell pepper
- Red bell pepper
- Yellow bell pepper
- Persian (mini) cucumber
- English cucumber
- Grape tomatoes
- Tomatoes
- Fresh spinach
- Baby spinach
- Kale (baby variety)
- Celery
- Carrots (shredded)
- Radishes
- Fresh parsley
- Fresh mint leaves
- Cilantro
- Thai basil
- Fresh tarragon
- Garlic
- Fresh ginger
- Red chili pepper
- Pineapple (fresh chunks)

Pantry/Dry Goods

- Weight Watchers white bread (or low calorie bread)
- Frosted flakes cereal
- Old fashioned oats
- Rolled oats
- All purpose flour
- Brown sugar
- Confectionary sugar/icing sugar
- Cinnamon
- Ground cloves
- Kosher salt
- Table salt
- Sea salt
- Black pepper
- Baking powder

- Baking soda
- Vanilla extract
- Peppermint extract
- Olive oil
- Avocado oil
- Canola oil
- Coconut oil
- Sesame oil
- Fish sauce
- Low sodium soy sauce
- Reduced sodium soy sauce
- Cornstarch
- White wine vinegar
- Red wine vinegar
- Dried oregano
- Dried bay leaves
- Cajun seasoning
- Garlic powder
- Garam masala
- Tajin
- Chili powder
- Cayenne pepper
- Thai sweet chili sauce
- Red curry paste
- Whole-grain mustard
- Rice crackers
- Raw walnuts
- Raw sunflower seeds
- Peanuts
- Toasted sesame seeds
- Fresh dates (pitted)
- Prunes (pitted)
- Spanish green olives (pitted)
- Capers
- Honey
- Mango chutney
- Reduced sugar jam (raspberry)
- Marshmallow fluff
- Graham crust (pre-made)
- Oreo pie crust (ready-made)
- Mint Oreo thin cookies
- Graham crumbs
- Lindt 70% dark chocolate

Meat & Seafood

- Boneless skinless chicken breast
- Bone-in chicken thighs
- Fat free ground turkey
- Ground beef (93% lean)
- Salmon fillets
- Jumbo raw shrimp
- Center cut bacon

Dairy & Eggs

- Eggs
- Liquid egg whites
- Skim milk
- Unsweetened almond milk
- Low fat buttermilk
- Heavy whipping cream
- Greek yogurt (0% plain, vanilla, or berry)
- Key lime yogurt
- Fat free cool whip
- Light cream cheese
- Fat free shredded cheddar cheese
- Reduced fat shredded cheese (3 cheese blend)
- Light feta cheese (crumbled)
- Grated Parmesan cheese
- Butter

Frozen

- hash browns
- bananas

Canned/Packaged

- Steamed lentils (packaged)
- White beans (canned)
- Black beans (canned)
- Chickpeas/garbanzo beans (canned)
- Light coconut milk
- Low sodium chicken broth
- Lime fat free jello
- Unsweetened applesauce
- Light mayonnaise
- Linguine

- Corn tortillas
- English muffins
- Cooked rice or cauliflower rice
- Cooking spray
- Olive oil spray