

Free Weight Watchers Plan SUNDAY June 15th

B: [Easy Breakfast Casserole](#) (2 points)

L: [Buffalo Chicken Salad](#) (3 points)

D: [Lightened Up Chicken Florentine](#) (3 points) + points for rice

Dessert: [Chocolate Chip Cookies](#) (3 points)

Total WW Points: 11+

Notes: Make sure you make extra of the chicken Florentine! No one wants to cook on a busy Monday, so we're going to double up this delicious dinner and have it ready for Monday night as well.

Free Weight Watchers Plan MONDAY June 16th

B: [Baked Omelet](#) (4 points)

L: [Simple Chickpea Salad](#) (2 points)

D: Leftovers

Dessert: [Yogurt and Fruit Popsicles](#) (0 points)

Total WW Points: 6+

Notes: These yogurt and fruit popsicles are a great option to keep stocked in your freezer all summer long.

Free Weight Watchers Plan TUESDAY June 17th

B: [Peanut Butter Banana Muffins](#) (6 points)

L: [Taco Salad](#) (4 points)

D: [Hawaiian Chicken Kebabs](#) (1-3 points) + points for rice if desired

Dessert: [Strawberry Pie](#) (3 points)

Total WW Points: 16

Notes: Peanut butter banana muffins are a great option to cook once, eat twice (or multiple times). You could make a large batch of these and have one with 1-2 boiled eggs for breakfast every morning so you don't have to cook.

Free Weight Watchers Plan WEDNESDAY June 18th

B: [Avocado Toast with Egg 4 Ways](#) (3 points)

L: [Easy Asian Salad](#) (4 points)

D: [Sweet, Sticky Sesame Chickpea and Veggies](#) (3 points)

Dessert: [Cottage Cheese Jello Salad](#) (1 point)

Total WW Points: 11

Notes: Don't let the cottage cheese in the dessert throw you off, it's creamy and cool - perfect for a summer evening dessert.

Free Weight Watchers Plan THURSDAY June 19th

B: [Breakfast Burrito](#) (3 points)

L: Tex-Mex [Cauliflower Rice Shrimp Bowl](#) (5 points)

D: [One Pot Chicken Rice Veggie Bowls](#) (4 points)

Dessert: Leftovers

Total WW Points: 12+

Notes: Go ahead and make another extra breakfast burrito while you're at it. Wrap them in aluminum foil and store in the fridge - breakfast is done for Friday as well!

Free Weight Watchers Plan FRIDAY June 20th

B: Leftovers

L: [Pepperoni Flatbread Pizza](#) (5 points)

D: [Broiled Salmon with Capers](#) (0 points) + points for roasted potatoes or rice

Dessert: [Creamy Mango Coconut Ice Cream](#) (0 points)

Total WW Points: 5+

Notes: Since dessert AND dinner are zero points, feel free to use this day as a day to eat out if you get the chance. You may be able to work in a fun treat!

Free Weight Watchers Plan SATURDAY June 21st

B: [Egg Avocado Cottage Cheese Breakfast Bowl](#) (5 points)

L: Leftovers

D: [Spaghetti Squash Lasagna](#) (2 points)

Dessert: [Black Bean Brownies](#) (2 points)

Total WW Points: 9+

Notes: Lasagna may seem like a heavy meal for the summer, but this one is actually lighter than you think because of the spaghetti squash. It's a great way to enjoy a high protein, cheesy meal for just a few points.

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

Grocery List

Produce

- Romaine lettuce
- Celery

- Red onion
- Mango
- Kiwi
- Strawberries
- Grapes
- Mandarin oranges
- Pineapple (crushed/tidbits)
- Cucumber
- Cherry tomatoes
- Avocado
- Sweet mini peppers
- Cauliflower rice
- Frozen corn
- Bell peppers (red, yellow, orange)
- Cilantro
- Lime
- Baby spinach
- Broccoli
- Baby bella mushrooms
- Green onions/scallions
- Fresh ginger
- Cabbage
- Carrots
- Russet potatoes
- Lemons
- Spaghetti squash
- Bananas

Meat & Proteins

- Chicken breast
- Chicken thighs (boneless, skinless)
- Ground turkey
- Turkey pepperoni
- Shrimp (peeled and deveined)
- Ham (cooked)
- Bacon (center cut)
- Salmon fillets
- Eggs

Dairy & Refrigerated

- Cottage cheese (low-fat/fat-free)

- Greek yogurt (plain, low-fat)
- Whipped topping (fat-free)
- Cheddar cheese (shredded)
- Mozzarella cheese (part skim, shredded)
- Parmesan cheese (grated)
- Half and half (fat-free)
- Velveeta cheese slices
- Butter

Grains & Pasta

- Flour (all-purpose, unbleached)
- Brown rice
- Blue corn tortilla chips
- Flour tortilla (fat-free)
- Sourdough bread/whole grain bread (Dave's Killer Bread)

Canned & Jarred Goods

- Frank's Buffalo sauce
- Black beans (canned)
- Chickpeas (low sodium)
- Tomato sauce (canned)
- Pasta sauce (no sugar added)
- Pico de gallo
- Salsa (jarred, mild)
- Chicken broth (low sodium)
- Vegetable broth
- Canned corn

Baking

- Baking powder
- Baking soda
- Cornstarch
- Cocoa powder
- Vanilla extract
- Salt (kosher, table)
- Chocolate chips (Lily's dark baking, no-sugar-added)

Spices & Seasonings

- Black pepper
- Garlic powder
- Onion powder
- Chili powder
- Cumin
- Paprika
- Oregano
- Cinnamon
- Blue cheese dressing powder
- Basil (dried)
- Parsley (dried)
- Rosemary (dried)
- Italian seasoning
- Cayenne pepper
- Dill
- Ground ginger
- Coriander
- Garlic salt

Sweeteners

- Brown sugar (light)
- Stevia
- Monk fruit with erythritol
- Maple syrup
- Zero-calorie sweetener

Oils & Vinegars

- Olive oil (extra virgin)
- Avocado oil
- Sesame oil
- Rice vinegar
- Lime juice

Snacks & Misc

- Orange sugar-free Jell-O
- Strawberry sugar-free Jell-O
- Teriyaki sauce (Soy Vay special blends)
- Hot sauce
- Damascus Bakeries All natural plain roll-ups

- Store-bought pizza sauce
- Coconut milk
- Coconut aminos (or low sodium soy sauce/tamari)
- White cooking wine
- Orange juice
- Pineapple juice
- Capers
- Sliced almonds
- Tortilla strips
- Sesame seeds
- Peanut butter (creamy)
- Guacamole (optional)
- Light butter substitute (I Can't Believe It's Not Butter! Light)
- Cooking spray
- Applesauce (unsweetened)