

Weight Watchers Meal Plan SUNDAY June 29th

B: [Mock Blueberry Cream Cheese Danish](#) (2 points)

L: [Summer Cavatelli Pasta with Corn, Zucchini, and Tomatoes](#) (7 points)

D: [Salmon Tacos with Spicy Slaw](#) (7 points)

Dessert: [Coconut Cream Pie](#) (6 points)

Total WW Points: 22

Notes: This coconut cream pie dessert is a great one for a 4th of July potluck, so you may want to save it for that.

Weight Watchers Meal Plan MONDAY June 30th

B: [Scrambled Egg Breakfast Wraps](#) (5 points)

L: [Grilled Chicken Sandwich](#) (6 points)

D: [Chimichurri Salmon](#) (1 point) + Roasted or Grilled Veggies

Dessert: [Raspberry Poke Cake](#) (4 points)

Total WW Points: 16

Notes: When you're making the salmon tacos on Sunday, go ahead and marinate the salmon and make the chimichurri for this night's dinner. Cook once, eat twice!

Weight Watchers Meal Plan TUESDAY July 1st

B: [Easy Cheese Ham Potato Frittata](#) (4 points)

L: [WW Tortellini Salad](#) (3 points)

D: [Taco Stuffed Zucchini Boats](#) (2 points)

Dessert: Leftovers

Total WW Points: 9+

Notes: Do you ever get an overwhelming amount of summer zucchini from a neighbor's garden? Now, you know what to do with it with this delicious taco boat recipe.

Weight Watchers Meal Plan WEDNESDAY July 2nd

B: [Bacon Egg and Cheese Breakfast Pie](#) (5 points)

L: [Chickpea and Feta Salad](#) (3 points)

D: Leftovers

Dessert: [Cinnamon Berry Cups with Marshmallow Creme](#) (4 points)

Total WW Points: 12+

Notes: Unfortunately, Flatout Wraps have been discontinued, but you can use any low carb wrap for the cinnamon berry cups.

Weight Watchers Meal Plan THURSDAY July 3rd

B: [Banana Split Cottage Cheese Breakfast Bowl](#) (6 points)

L: Leftovers

D: [Slow Cooker Summer Vegetable Soup](#) (3 points)

Dessert: [Banana Pudding](#) (1 point)

Total WW Points: 10+

Notes: If you're busy prepping for the holiday festivities, one of the easiest things you can do is let the slow cooker make dinner for you!

Weight Watchers Meal Plan FRIDAY July 4th

B: [Skinny Strawberry Cheesecake Smoothie](#) (5 points)

L: Grilled Chicken Breast (0 points) + [Slow Cooker Corn on the Cob](#) (0 points)

D: [Jalapeno Cheddar Burgers](#) (2 points) + [Lightened Up Potato Salad](#) (3 points)

Dessert: [Strawberry Pretzel Salad](#) (2 points)

Total WW Points: 12

Notes: Take full advantage of the holiday and grill flavored meats! Lean meats are zero points, so you can fill up and not miss out. Happy Fourth of July!

Weight Watchers Meal Plan SATURDAY July 5th

B: [Honey Banana Toast](#) (2 points)

L: [Easy Bean and Cheese Hot Dogs](#) (6 points)

D: [Grilled Vegetable Pasta Salad](#) (9 points)

Dessert: Watermelon Wedges (0 points)

Total WW Points: 17

Notes: The grilled vegetable pasta salad makes a great side dish or vegetarian option. But it can also be used as a light dinner on a warm evening. Add rotisserie chicken if you need some meat!

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

Grocery List

Produce

- Tomatoes (fresh, cherry/grape)
- Carrots

- Potatoes (regular, small red)
- Onions (yellow, red)
- Celery
- Garlic
- Bell peppers (red, yellow)
- Zucchini
- Basil (fresh)
- Banana
- Blueberries
- Raspberries
- Strawberries (fresh, frozen)
- Corn on the cob
- Jalapeño
- Scallions/Green onions
- Parsley (fresh, flat-leaf)
- English cucumber
- Lemons
- Arugula
- Artichokes
- Asparagus
- Cherry tomatoes
- Chives
- Cabbage (red and green)
- Cilantro/Coriander (fresh)
- Chili pepper
- Ginger (fresh)
- Pickles (dill, unsweetened)

Meat & Proteins

- Ground beef (95% lean)
- Turkey bacon
- Salmon fillets
- Ground turkey (93% lean)
- Chicken breasts (boneless, skinless, small)
- Ham (no fat, cooked)
- Light beef or pork hot dogs

Dairy & Refrigerated

- Cottage cheese (lowfat, fat-free)
- Cheddar cheese (reduced-fat, shredded)
- Greek yogurt (plain, nonfat)
- Mayonnaise (light)

- Feta cheese (crumbled)
- Eggs
- Half-and-half (reduced-fat)
- Pepper jack cheese (reduced-fat, shredded)
- Almond milk (unsweetened)
- Whipped topping (fat-free)
- Cream cheese (light, reduced-fat)
- Cool Whip (fat-free)
- Milk (fat-free, skim)
- Mexican blend cheese (reduced-fat, shredded)
- Blue cheese (crumbled)
- Light butter substitute (I Can't Believe It's Not Butter! Light)
- Pecorino Romano cheese (grated)

Grains & Pasta

- Long-grain white rice
- Granola
- Flatout originals (multigrain and flax)
- Cheese tortellini (fresh or frozen)
- Puff pastry (frozen)
- Graham crackers (low-fat)
- Pretzel sticks (Rold Gold)
- Bow tie pasta
- Whole wheat rolls (647 Rolls or Martins potato rolls)
- Corn tortillas (6-inch)
- Cavatelli (fresh or frozen)
- Flour tortillas
- English muffin (light multi-grain)
- White bread (Weight Watchers)
- Hot dog buns (reduced calorie)

Canned & Jarred Goods

- Crushed tomatoes (canned)
- Vegetable broth
- Olives (black, green, pitted)
- Mustard (Dijon)
- Artichokes (canned, quartered)
- Marinara sauce (homemade or jarred)
- Baked beans with pork (canned)
- Tomato sauce
- Pickle juice
- Soy sauce (reduced sodium or gluten-free tamari)

- Garbanzo beans/Chickpeas (canned)

Baking

- Honey
- All-purpose flour
- Baking soda
- Salt (table, kosher)
- Vanilla extract
- Coconut baking extract
- Banana extract
- Sugar

Spices & Seasonings

- Black pepper (freshly ground)
- Cinnamon
- Italian seasoning
- Garlic powder
- Cumin
- Chili powder
- Paprika
- Oregano (dried, fresh)
- Cayenne pepper

Sweeteners

- Granola
- Monk fruit sweetener
- Natural no calorie sweetener (Truvia)
- Brown sugar

Oils & Vinegars

- Extra-virgin olive oil
- Cider vinegar/Apple cider vinegar
- Distilled vinegar
- White wine vinegar
- Red wine vinegar

Snacks & Misc

- Sliced almonds
- Marshmallow fluff
- Italian dressing (light, Skinnygirl brand)

- Jello (sugar-free: cheesecake, raspberry, strawberry, vanilla pudding)
- Vanilla wafer cookies
- Graham cracker crumbs (low-fat)
- Unsweetened coconut flakes
- Sriracha
- Pickle chips (dill)
- Gochujang (Sempio Gluten Free Korean)
- Cooking spray
- Worcestershire sauce
- Unsweetened applesauce
- Lemon juice
- Salsa (mild)