

## Weight Watchers Meal Plan SUNDAY August 3rd

B: [Breakfast Pizza Casserole](#) (5 points)

L: [High Protein Egg Salad](#) (2 points)

D: [Cuban Picadillo](#) (5 points)

Dessert: [Puff Pastry Stone Fruit Tart](#) (5 points)

**Total WW Points: 17**

**Notes:** This high protein egg salad can be your meal prep lunch for the week if you don't want to cook everyday. It's versatile - can go with bread, crackers, lettuce or wraps.

## Weight Watchers Meal Plan MONDAY August 4th

B: [Pork Egg Cups](#) (1 point)

L: [BLT Lettuce Wraps](#) (5 points)

D: [Chicken Tikka Kebab](#) (1 point)

Dessert: [Cinnamon Berry Cups with Marshmallow Cream](#) (3 points)

**Total WW Points: 10**

**Notes:** Use a low carb wrap for the cinnamon berry cups since Flat Out is no longer available.

## Weight Watchers Meal Plan TUESDAY August 5th

B: [Breakfast Kabobs](#) (4 points)

L: [Easy Tuna Salad](#) (0 points)

D: [Turkey Burgers](#) (4 points)

Dessert: [Strawberry Banana Yogurt Ice Cream](#) (2 points)

**Total WW Points: 10**

**Notes:** Get one more grill session in with this delicious Turkey Burger recipe!

## Weight Watchers Meal Plan WEDNESDAY August 6th

B: Leftovers

L: [Peach and Prosciutto Salad](#) (5 points)

D: [Lomo Saltado](#) (2 points)

Dessert: [Mini Cherry Pies](#) (4 points)

**Total WW Points: 11+**

**Notes:** I love that these mini cherry pies are a gentle push into pie season. And the freeze really well, so if you have any extras, save them for the weeks to come.

## Weight Watchers Meal Plan THURSDAY August 7th

B: [High Protein Omelet](#) (4 points)

L: Leftovers

D: [Baked Cod](#) (1 point)

Dessert: [Strawberry Shortcake](#) (4 points)

**Total WW Points: 9+**

**Notes:** Cod is a fantastic protein source on Weight Watchers. It's high in protein and low in fat, meaning you can use your points on a delicious carb side.

## Weight Watchers Meal Plan FRIDAY August 8th

B: [Pineapple Coconut Breakfast Pie](#) (5 points)

L: [Roast Beef Sandwiches](#) (9 points)

D: Leftovers

Dessert: [Raspberry White Chocolate Monkey Bread Pie](#) (8 points)

**Total WW Points: 22+**

**Notes:** This pineapple coconut breakfast pie is a must make before summer is over. One more refreshing, tropical dish to brighten your day!

## Weight Watchers Meal Plan SATURDAY August 9th

B: [Quinoa Breakfast Bowl](#) (5 points)

L: [Turkey Apple Smoked Cheddar Wraps](#) (5 points)

D: [Mediterranean Chicken and Orzo Bake](#) (7 points)

Dessert: Leftovers

**Total WW Points: 17+**

**Notes:** I love this orzo bake. It's light enough to be a summer dish, but is also filling at the same time.

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

## Grocery List

### Produce

- Onions (red and regular)
- Red bell peppers
- Yellow bell peppers
- Mini yellow bell peppers
- Garlic
- Fresh strawberries

- Bananas
- Stone fruit (peaches, plums, apricots)
- Fresh blueberries
- Fresh raspberries
- Frozen cherries
- Lemons
- Limes
- Courgette (zucchini)
- Cherry tomatoes
- Tomatoes (medium)
- Celery
- Apples
- Spinach
- Carrots
- Cucumber
- Radish
- Rocket (arugula)
- Baby cos lettuce
- Iceberg lettuce
- Cilantro
- Fresh parsley (flat-leaf)
- Fresh rosemary
- Fresh thyme
- Ginger
- Jalapeño peppers
- Avocado
- Potatoes (russet or yukon gold)
- Fennel bulb

## Meat & Seafood

- Ground pork (96% lean)
- Eggs
- Chicken breasts (skinless, boneless)
- Chicken thighs (boneless, skinless)
- Ground turkey (93% lean)
- Ground beef (93% lean)
- Beef silverside (lean, roasted)
- Lean sirloin
- Turkey breast (skinless, grilled)
- Center cut bacon
- Prosciutto
- Cod or halibut fillets
- Tuna in spring water

## Dairy & Refrigerated

- Shredded cheddar cheese
- Light mozzarella cheese
- Part-skim ricotta cheese
- Light cream cheese
- Applewood smoked cheddar cheese
- Emmental cheese
- Low-fat Greek yogurt
- Whole milk Greek yogurt
- Almond milk (unsweetened)
- Egg whites (liquid, in carton)

## Pantry Items

- Olive oil
- Canola oil
- Rapeseed oil
- Salt (kosher, Himalayan)
- Black pepper
- Garlic powder
- Italian seasoning
- Dried oregano
- Ground cumin
- Ground turmeric
- Garam masala
- Ground coriander
- Cayenne pepper
- Paprika
- Vanilla extract
- Cinnamon
- Nutmeg
- Baking powder
- All-purpose flour
- Whole wheat breadcrumbs
- Quinoa
- Orzo pasta
- Chia seeds

## Canned & Bottled Goods

- Tinned tomatoes (chopped)
- Tomato sauce
- Tomato paste
- Vegetable stock cubes

- Vegetable broth (unsalted)
- Orange juice (light)
- Balsamic vinegar
- Red wine vinegar
- White balsamic vinegar
- Apple cider vinegar
- Soy sauce (low sodium)

## Condiments & Sauces

- Cookie butter or Nutella
- Reduced sugar raspberry jam
- Wholegrain mustard
- Dijon mustard
- Light mayonnaise
- Ketchup
- Worcestershire sauce
- Balsamic glaze
- Green olives (pitted)
- Capers
- Pickled gherkins (no added sugar)
- Olive brine

## Dry Goods & Packaged Items

- Pancake mix
- Great value biscuits (Walmart)
- Pepperoni (regular)
- Puff pastry sheet (Pepperidge Farm)
- Flatout originals (multigrain and flax)
- Marshmallow fluff
- Fat-free Cool Whip
- Fat-free Reddi Wip
- Reduced-fat crescent rolls
- Pillsbury biscuits
- Mini white chocolate chips
- Wholemeal tortilla wraps
- Wholemeal bread
- Burger buns
- Pecan nuts
- Zero-calorie sweetener (monk fruit)
- Splenda
- Organic honey
- White sugar

- Dried onion flakes
- Bay leaves