

Free WW Meal Plan SUNDAY July 20th

B: [Smoked Salmon Breakfast Flatbread](#) (6 points)

L: [Gazpacho](#) (1 point)

D: [Crack Chicken and Rice Casserole](#) (8 points)

Dessert: [Frozen Yogurt Buttons](#) (2 points)

Total WW Points: 17

Notes: Keep these frozen yogurt buttons in your fridge for the rest of July and August - trust me, it's worth it!

Free WW Meal Plan MONDAY July 21st

B: [Breakfast Fried Rice](#) (7 points)

L: [Creamy Cucumber Salad](#) (1 point) + Rotisserie Chicken

D: [Beef Gyros](#) (6 points)

Dessert: [Frozen Yogurt Cake Bites](#) (1 point)

Total WW Points: 15

Notes: Use rotisserie chicken throughout the summer if you need to add protein to your meals without having to use the oven!

Free WW Meal Plan TUESDAY July 22nd

B: [Meal Prep Breakfast Taco Scramble](#) (3 points)

L: [Buddha Bowl with Okra and Purple Cabbage](#) (2 points)

D: [Cucumber Melon Salad](#) (4 points) + Rotisserie Chicken

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

Total WW Points: 10+

Notes: There are several breakfasts on this list that are great for meal prep if you don't want to cook every morning- this taco scramble, especially!

Free WW Meal Plan WEDNESDAY July 23rd

B: [Berry Quinoa Breakfast Bowls](#) (4 points)

L: [Chicken Caesar Pasta Salad](#) (3 points)

D: [BBQ Chicken Meatza](#) (7 points)

Dessert: Leftovers

Total WW Points: 14+

Notes: Make extra of the chicken Caesar pasta salad, because the flavors get better over time. It's perfect for Saturday's leftovers!

Free WW Meal Plan THURSDAY July 24th

B: [Green Smoothie Bowl](#) (7 points)

L: Leftovers

D: [Instant Pot Pad Thai](#) (7 points)

Dessert: [Watermelon Berry Salad](#) (0 points)

Total WW Points: 14+

Notes: Using the instant pot throughout the summer is a great way to make hearty meals (like Pad Thai) without bringing a ton of heat into the home, and you can cool off with this wonderful watermelon berry salad.

Free WW Meal Plan FRIDAY July 25th

B: Leftovers

L: [Spinach Cucumber Ranch Chicken Wraps](#) (3 points)

D: [Easy Pesto Chicken Salad](#) (2 points)

Dessert: [Crescent Roll Lemon Squares](#) (3 points)

Total WW Points: 8+

Notes: Use a low-carb wrap for the lunch recipe since Flat Out is no longer in business. It'll still be low in points!

Free WW Meal Plan SATURDAY July 26th

B: [Tropical Chia Pudding Breakfast Bowl](#) (5 points)

L: [Pork Tenderloin with Pineapple Salsa](#) (3 points)

D: Leftovers

Dessert: [Zero Point WW Grapes](#) (0 points)

Total WW Points: 8+

Notes: This pork tenderloin is fantastic for meal prep, so you can either get a head start for next week and enjoy leftovers for lunch, or grill this up for lunch and enjoy it for a late afternoon high protein meal to end the week.

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

Grocery List

Produce

- Cucumbers (peeled/English/regular)
- Tomatoes (ripe/beefsteak)
- Red bell pepper
- Green bell pepper

- Bell pepper (general)
- Garlic
- Small onion
- Red onion
- Fresh dill
- Oyster mushrooms
- Okra pods
- Purple cabbage
- Large carrot
- Carrots
- Chili pepper
- Fresh parsley
- Large avocado
- Lime
- Fresh strawberries
- Mixed lettuce leaves
- Fresh spinach
- Baby spinach
- Loose baby spinach
- Fresh cilantro
- Fresh diced pineapple
- Fresh mint
- Watermelon
- Raspberries
- Blueberries
- Blackberries
- Lemons
- Zucchini
- Cantaloupe melon
- Watercress/baby arugula
- Kiwi
- Mango (fresh/frozen)
- Banana
- Baby gold/red potatoes
- Fresh ginger
- Fresh basil

Pantry/Dry Goods

- Bread slice
- Extra virgin olive oil
- Salt
- Black pepper
- Graham squares

- White cake mix
- Colored sprinkles
- White vinegar
- White beans
- Spice mix (favorite)
- Wonton wrappers
- Instant custard mix
- No sugar added strawberry jello
- Fusilli pasta
- Croutons
- Yellow mustard
- Red wine vinegar
- Anchovy paste
- Icing sugar/confectionery sugar
- All-purpose flour
- White whole wheat flour
- Fresh squeezed lemon juice
- Lemon zest
- Ranch dressing or make your own zero point ranch
- Pineapple juice
- Pesto sauce
- Dried dill
- Dried parsley
- Onion powder
- Brown rice (dry)
- Coconut aminos or soy sauce
- Low sodium tamari
- Dry mustard
- Peas and carrots (frozen)
- Low sodium ham
- Beef broth (low sodium)
- Whole wheat pitas
- Homemade BBQ sauce
- Cheddar jack cheese
- Jalapeños
- Sugar free syrup
- Roasted sesame oil
- Rice vinegar
- Honey
- Rice noodles
- Vegetable stock (low sodium)
- Crushed red pepper
- White balsamic vinegar
- Za'atar

- Cumin
- Chia seeds
- Monk fruit sweetener
- Dried unsweetened coconut (shredded/flakes)
- Adobo seasoning salt
- Taco seasoning
- Tomato sauce (canned)
- Chili powder
- Paprika
- Oregano
- Baking powder
- Kosher salt
- Everything Bagel Seasoning
- Quinoa (uncooked pre-washed)
- Cinnamon
- Vanilla extract
- Hemp seeds
- Pepitas/nuts

Meat & Seafood

- Boneless chicken breast
- Cooked shredded chicken breast (can use rotisserie chicken)
- Pork tenderloins
- Turkey bacon
- Chicken sausage (chicken and apple)
- Flank steak
- Ground chicken
- Extra firm tofu
- Ground turkey (99% lean)
- Smoked salmon/nova lox

Dairy & Eggs

- Melted butter
- Vanilla 0% Greek yogurt
- Fat-free cool whip
- Fat-free sour cream
- Reduced calorie mayonnaise
- Parmesan cheese shavings
- Pillsbury reduced fat crescent rolls
- Large eggs
- Egg whites (liquid)
- Cheddar cheese (shredded)

- Feta cheese (block/crumbled)
- Reduced fat Mexican blend shredded cheese
- 1/3 less fat cream cheese
- Non-fat Greek yogurt
- Protein milk
- Dairy-free cocoyo yogurt (can use Greek yogurt)

Miscellaneous

- Olive oil spray
- Low Carb wraps
- Low sodium chicken broth
- Unsweetened almond milk (vanilla)
- Capers
- Frozen mango