

Free Weight Watchers Plan SUNDAY July 27th

B: [Easy Cinnamon Rolls](#) (5 points)

L: [Summer Pasta Salad](#) (7 points)

D: [Greek Lemon Chicken](#) (1 point)

Dessert: [Lemon Cheesecake Bars](#) (4 points)

Total WW Points: 17

Notes: I love cinnamon rolls on a slow Sunday morning, and these are perfect because you can whip them up in under an hour.

Free Weight Watchers Plan MONDAY July 28th

B: [Yogurt Bowl with Blueberry Compote](#) (0 points)

L: [Mediterranean Quinoa Salad](#) (5 points)

D: [Garlic Parmesan Chicken Pasta](#) (9 points)

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

Total WW Points: 15

Notes: The garlic parmesan chicken pasta is a one pan dish, which is perfect for a busy Monday!

Free Weight Watchers Plan TUESDAY July 29th

B: [Egg and Canadian Bacon Breakfast Sandwich](#) (4 points)

L: [Tuna Lettuce Wrap](#) (3 points)

D: [One Pot Pizzaiola Chicken](#) (3 points)

Dessert: [Tiramisu](#) (5 points)

Total WW Points: 15

Notes: Since it's a low point day, you can add some high fiber pasta to this one pot pizzaiola chicken if you need a bit more carbs.

Free Weight Watchers Plan WEDNESDAY July 30th

B: [Cheesy Black Bean Breakfast Burritos](#) (3 points)

L: Leftovers

D: [Shrimp Chop Suey](#) (1 point)

Dessert: [Cheesecake Fluff](#) (3 points)

Total WW Points: 7+

Notes: You can never go wrong with a breakfast burrito and I love that these are easy to personalize to your preference.

Free Weight Watchers Plan THURSDAY July 31st

B: [Broccoli Chive Egg Cups](#) (0 points)

L: [Buffalo Chickpea Salad](#) (1 point)

D: Leftovers

Dessert: [Eton Mess with Strawberries](#) (5 points)

Total WW Points: 6+

Notes: The broccoli chive egg cups make great zero point on the go snacks, so make a big batch.

Free Weight Watchers Plan FRIDAY August 1st

B: Leftovers

L: [Protein Egg and Quinoa Salad Jars](#) (6 points)

D: [Blackened Fish Tacos](#) (5 points)

Dessert: [Blueberry Galette](#) (5 points)

Total WW Points: 16+

Notes: This blueberry galette is easy to bake, but looks impressive enough to entertain with.

Free Weight Watchers Plan SATURDAY August 2nd

B: [Banana Blueberry Overnight Oats](#) (2 points)

L: [Spicy Canned Salmon Rice Bowl](#) (6 points)

D: [Tuscan Chicken](#) (1 point)

Dessert: Leftovers

Total WW Points: 9+

Notes: Make some extra banana blueberry overnight oats for Sunday mornings breakfast.

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

Grocery List

Produce

- Baby arugula
- Baby spinach
- Red onion
- Fresh lemon
- Cucumber (English/Persian)
- Cherry tomatoes
- Grape tomatoes
- Plum tomato
- Avocado

- Garlic
- Butter/Bibb lettuce
- Carrots (shredded/julienned/regular)
- Jalapeño pepper
- Fresh cilantro
- Celery (with leaves)
- Scallions
- Fresh blueberries
- Fresh strawberries
- Fresh mint leaves
- Canadian bacon
- Fresh basil leaves
- Mixed bell peppers (red, green, yellow)
- White onion
- Large red onion
- Bean sprouts
- Baby corn
- Red cabbage (finely shredded)
- White cabbage (finely shredded)
- Fresh spinach
- Fresh bananas
- Limes
- Zucchini
- Fresh rosemary

Pantry/Dry Goods

- Gluten-free/wheat pasta
- Sun-dried tomatoes
- Capers
- Balsamic vinegar
- Extra virgin olive oil
- Salt
- Fresh black pepper
- Parmigiano Reggiano (freshly shaved)
- Uncooked quinoa
- Kalamata olives
- Kosher salt
- Cooked lentils
- Cooked quinoa
- Olive oil
- Frank's Red Hot Original
- Tahini
- Light mayonnaise

- Sriracha sauce
- Cooked brown rice
- Furikake/chopped nori
- Sesame seeds
- Ready-to-bake pie dough (Pillsbury)
- Monk fruit sweetener
- All-purpose flour
- White self-rising flour
- Powdered sugar/confectioner's sugar
- Packed brown sugar
- Ground cinnamon
- Vanilla extract
- Canola oil
- Table salt
- Black pepper
- Low carb high fiber tortilla wraps
- Salsa
- Dijon mustard
- Dried thyme
- Uncooked old fashioned rolled oats
- Chopped walnuts/sliced almonds
- Fusilli pasta
- Cornstarch
- Chicken broth
- Marinara sauce (no added sugar)
- Reduced sodium soy sauce
- Ground cumin
- Dried oregano
- Dried parsley
- Cayenne pepper
- Smoked paprika
- Ground ginger
- Lime juice
- Honey
- Provençal herbs
- Low-fat graham cracker crumbs
- Granulated sugar replacement
- Unsweetened applesauce
- Sugar-free Jell-o cheesecake pudding mix
- Lemon juice
- Lemon zest
- Lemon extract
- Unsweetened plain almond milk
- Light butter substitute

- Banana extract
- Vanilla wafer cookies
- Sugar-free Jello vanilla pudding
- Unsweetened cocoa powder
- Ladyfingers
- Espresso/strong brewed coffee
- Sugar-free reduced-calorie cheesecake pudding mix
- Crushed low-fat graham crackers
- Black olives

Meat & Seafood

- Tuna in olive oil (good quality)
- Skinless wild pink/red salmon (canned)
- Boneless skinless chicken breasts
- Cooked shredded chicken breast
- Shrimp (peeled and deveined)
- Mahi Mahi fillets

Dairy & Eggs

- Feta cheese (crumbled)
- Large eggs
- Fat-free Greek yogurt
- Nonfat plain Greek yogurt
- Blue cheese (crumbled)
- Heavy whipping cream
- Vanilla meringue cookies
- Light whole wheat hamburger buns
- Egg whites
- Reduced fat cheddar cheese (sharp)
- Fresh chives
- Unsweetened vanilla almond milk
- Skimmed milk
- Grated Parmesan cheese
- Low-fat mozzarella cheese slices
- Butter
- Part-skim ricotta cheese
- Fat-free cool whip
- Fat-free milk
- Reduced-fat cream cheese

Frozen

- Frozen chopped broccoli

Canned/Packaged

- Chickpeas (canned)
- Heart of palm
- Canned low sodium black beans