

Weight Watchers Meal Plan SUNDAY August 10th

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

L: [The Perfect Buddha Bowl](#) (2 points)

D: [Chicken Parmesan Spaghetti Bake](#) (7 points)

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

Total WW Points: 18

Notes: Make an extra Buddha bowl so you have it ready for Monday's lunch.

Weight Watchers Meal Plan MONDAY August 11th

B: [Cinnamon Roll Overnight Oats](#) (8 points)

L: Leftovers

D: [Pork Tenderloin with Pineapple Salsa](#) (2 points)

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

Total WW Points: 16+

Notes: If you are having leftover Buddha bowls for lunch, then your day's total points are only 18. And the coconut cream pie is definitely worth all six points!

Weight Watchers Meal Plan TUESDAY August 12th

B: [Spinach, Tomato, Turkey Ham Frittata](#) (2 points)

L: [Southwest Egg Roll in a Bowl](#) (3 points)

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

Dessert: [Carrot Cake](#) (4 points)

Total WW Points: 10

Notes: I love this version of carrot cake because it doesn't taste like a healthy dessert. It's just as delectable and you don't have to use up precious WW points for the real thing.

Weight Watchers Meal Plan WEDNESDAY August 13th

B: Leftovers

L: [Homemade Pizza](#) (3 points)

D: [Stove Top Stuffing Chicken Casserole](#) (4 points)

Dessert: [Brownie Mug Cake](#) (4 points)

Total WW Points: 11+

Notes: This Stove Top stuffing chicken casserole is a hit, so make sure you make enough for the whole family, plus some for leftovers!

Weight Watchers Meal Plan THURSDAY August 14th

B: [Low-Calorie Blueberry Muffins](#) (2 points)

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

D: Leftovers

Dessert: [Dutch Apple Pie](#) (3 points)

Total WW Points: 8

Notes: If you need something light for lunch, but also something that isn't going to leave you with a mid-afternoon energy crash, this chicken Caesar pasta salad is it. It makes a great meal prep option, too.

Weight Watchers Meal Plan FRIDAY August 15th

B: [Tortilla Quiche Bake](#) (3 points)

L: [Light and Creamy Chicken Paprikash](#) (1 point)

D: [Shake n Bake Pork Chops](#) (5 points)

Dessert: Leftovers

Total WW Points: 9+

Notes: Shake n Bake Pork Chops make a great Friday night meal - when you feel like you want something special, but you still want to stay on track with your Weight Watchers goals.

Weight Watchers Meal Plan SATURDAY August 16th

B: [Stuffed French Toast](#) (6 points)

L: [Chinese Chicken Salad](#) (4 points)

D: [Chimichurri Salmon](#) (1 point)

Dessert: [Butterfinger Balls](#) (4 points)

Total WW Points: 15

Notes: This stuffed French toast is an amazing Saturday Morning breakfast. It's great for any last summer brunches you want to get in before fall hits.

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

Grocery List

Produce

- Potatoes (frozen diced with peppers and onions)
- Bell peppers (red, green, yellow)
- Sweet potatoes
- Red cabbage
- Mushrooms
- Cherry tomatoes

- Tomatoes (regular)
- Red onion
- Yellow onion
- Regular onion
- Garlic
- Scallions
- Fresh spinach leaves
- Mixed lettuce leaves
- Coleslaw mix (shredded cabbage and carrots)
- Chinese cabbage
- Purple cabbage
- Carrots (fresh and spiralized)
- Bananas
- Fresh pineapple
- Granny Smith apples
- Strawberries
- Tangelo (tangerine)
- Lemons
- Limes
- Fresh cilantro
- Fresh basil
- Curly parsley
- Small chili pepper

Meat & Seafood

- Chicken breasts (boneless, skinless)
- Pork tenderloins
- Boneless pork chops
- Salmon fillets
- Diced ham
- Smoked turkey ham

Dairy & Eggs

- Large eggs
- Milk (1% or skim)
- Coconut milk
- Unsweetened plain almond milk
- Plain nonfat Greek yogurt
- Plain low-fat Greek yogurt
- Plain yogurt
- Fat-free cottage cheese
- Reduced-fat cream cheese

- Fat-free sour cream
- Reduced-fat shredded cheddar cheese
- Fat-free shredded mozzarella cheese
- Fat-free shredded cheddar cheese
- Shredded parmesan cheese
- Grated parmesan cheese
- Parmesan cheese shavings
- Fat-free whipped topping
- Light butter substitute

Pantry Staples

- All-purpose flour
- Self-rising flour
- Baking powder
- Baking soda
- Rolled oats
- Spaghetti
- Fusilli pasta
- Low-point burrito tortillas
- Low-point bread
- Panko bread crumbs
- Low-fat graham cracker crumbs
- Croutons
- Ramen noodles

Canned/Jarred Goods

- Chickpeas (cooked)
- Black beans
- Corn kernels
- Sweet corn kernels
- Tomato sauce
- Marinara sauce (no-sugar-added)
- Pineapple juice
- Pineapple tidbits/chunks
- Cream of chicken soup
- Chicken broth
- Chicken stove top (boxed)

Condiments & Sauces

- White vinegar
- Red wine vinegar
- Rice vinegar

- Distilled vinegar
- Olive oil
- Vegetable oil
- Canola oil
- Sesame oil
- Worcestershire sauce
- Soy sauce
- Yellow mustard
- Mustard (regular)
- Anchovy paste
- Unsweetened applesauce
- Organic honey
- Vanilla extract
- Coconut baking extract

Spices & Seasonings

- Seasoned salt
- Sea salt
- Table salt
- Ground black pepper
- Hot red pepper flakes
- Taco seasoning
- Italian seasoning
- Dried parsley
- Dried thyme
- Dried basil
- Dried oregano
- Garlic powder
- Onion powder
- Sweet paprika
- Smoked paprika
- Chili powder
- Ground cinnamon
- Ground nutmeg
- Cayenne pepper

Baking Ingredients

- Sugar-free Jello vanilla pudding mix
- Unsweetened coconut flakes
- Zero-calorie sweetener
- Preferred brown sugar substitute
- Preferred granulated sugar substitute

- Powdered sugar
- Powdered sugar substitute
- Granulated sugar replacement
- Stevia (liquid)
- Unsweetened cocoa powder
- Mini chocolate chips
- Zero-sugar chocolate chips/melting wafers

Nuts & Seeds

- Chia seeds
- Nuts (your choice)
- Chopped walnuts or pecans
- Peanuts
- Reduced-fat peanut butter

Frozen Items

- mixed vegetables
- blueberries

Candy/Treats

- Butterfinger candies (to be crushed)