

## WW Meal Plan SUNDAY August 17th

B: [Tater Tot Breakfast Casserole](#) (7 points)

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

D: [Jambalaya](#) (2 points)

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

**Total WW Points: 17**

**Notes:** This Jambalaya is so easy to make and it's packed with flavor. It's the perfect comforting Sunday night meal for just 2 Weight Watchers points.

## WW Meal Plan MONDAY August 18th

B: Leftovers

L: [Calzones](#) (4 points)

D: [Angel Chicken Pasta](#) (8 points)

Dessert: [Black Forest Cake](#) (5 points)

**Total WW Points: 17+**

**Notes:** I love having leftovers for Monday's breakfast because Monday mornings are hectic enough already. Add some scrambled eggs to any leftover Jambalaya you have and you've got a fantastic meal in minutes.

## WW Meal Plan TUESDAY August 19th

B: [Spring Veggie Casserole](#) (4 points)

L: [Buffalo Chicken Salad](#) (3 points)

D: [Piri Piri Chicken](#) (2 points)

Dessert: [Swiss Roll](#) (5 points)

**Total WW Points: 14**

**Notes:** Technically this spring veggie casserole can be used year round, just swap the veggies out for whatever is available during the current season.

## WW Meal Plan WEDNESDAY August 20th

B: [Spinach, Feta, Sun-Dried Tomatoes, Egg Muffins](#) (2 points)

L: [Vietnamese Spring Roll Bowl](#) (1 point)

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

Dessert: [Tropical Dump Cake](#) (4 points)

**Total WW Points: 8**

**Notes:** Yes, just 8 points for this day! So add some hefty carbs to dinner like white rice. It'll go perfectly with the chicken bulgogi.

## WW Meal Plan THURSDAY August 21st

B: [Fried Eggs in the Air Fryer](#) (1 point)

L: [Grilled Pork Burgers](#) (4 points)

D: [Eggplant Parmesan](#) (4 points)

Dessert: Leftovers

**Total WW Points: 9+**

**Notes:** This may be your last chance to get in a good grilling session and these grilled pork burgers are perfect for it!

## WW Meal Plan FRIDAY August 22nd

B: [Cranberry Pecan Muffins](#) (3 points)

L: [Instant Pot Honey Mustard Garlic Chicken](#) (2 points)

D: Leftovers

Dessert: [Banana Pudding](#) (1-4 points)

**Total WW Points: 9+**

**Notes:** This banana pudding is versatile- you can make it with or without wafers depending on the points you want it to be.

## WW Meal Plan SATURDAY August 23rd

B: [Pumpkin Bread](#) (2 points) + Boiled Eggs (0 points)

L: Leftovers

D: [Chicken Pot Pie](#) (8 points)

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

**Total WW Points: 15+**

**Notes:** It's not too early for pumpkin bread right? It'll definitely get you in the mood for fall!

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

## Grocery List

### Produce

- Ground turkey
- Fresh arugula
- White onion
- Red onion
- Yellow onion
- Celery stalks
- Bell peppers (red, green, yellow)
- Garlic

- Small chili pepper (ají chirel)
- Tomatoes (medium and cherry/grape)
- Stone fruit (peaches, plums, apricots)
- Fresh spinach leaves
- Baby spinach
- Sun-dried tomatoes
- White cabbage
- Purple cabbage
- Lettuce
- Carrots (matchstick-cut)
- Cucumber
- Bean sprouts
- Fresh mint leaves
- Fresh cilantro
- Scallions
- Green onions
- Asparagus spears
- Romaine lettuce leaves
- Piri-piri chilies (or red Fresno chilies)
- Yellow chilies
- Baby potatoes
- Pears
- Fresh ginger
- Limes
- Lemons
- Fresh basil
- Eggplants
- Fresh bananas

## Meat & Seafood

- Ground turkey
- Smoked turkey sausage
- Chicken breasts (boneless, skinless)
- Large shrimp (peeled and deveined)
- Rotisserie chicken breast
- Ground pork

## Dairy & Eggs

- Large eggs
- Milk (1%, skim, whole, fat-free)
- Unsweetened plain almond milk
- Reduced-fat shredded cheese

- Fat-free mozzarella shreds
- Grated parmesan cheese
- Part-skim ricotta cheese
- Crumbled feta cheese
- Low-fat cottage cheese
- Cottage cheese (regular)
- Fat-free whipped topping
- Fat-free cool whip
- Reduced-fat cream cheese
- Plain low-fat yogurt
- Plain fat-free Greek yogurt
- Nonfat plain Greek yogurt
- Light butter substitute
- Butter

### Pantry Staples

- All-purpose flour
- Self-rising flour
- Whole wheat flour
- Whole wheat bread slices
- Rolled oats
- Long-grain rice
- Rice noodles or ramen noodles
- Angel hair pasta
- Cheese tortellini (fresh or frozen)
- Cornstarch
- Breadcrumbs
- Vanilla wafer cookies
- Ladyfingers (biscuit or cake)

### Canned/Jarred Goods

- Black olives (sliced)
- Artichokes (quartered)
- Chicken or seafood broth
- Chicken broth
- No-sugar-added cherry pie filling
- Light or sugar-free cherry pie filling
- Sweet dark cherries
- Pineapple tidbits or chunks
- Reduced sodium cream of chicken condensed soup
- Mixed vegetables (canned)
- Pumpkin puree

- Tart pitted cherries in water

## Condiments & Sauces

- Light Italian dressing
- Olive oil
- Vegetable oil
- Frank's Buffalo sauce
- Light barbecue sauce (sugar-free)
- Marinara sauce
- Dark soy sauce
- Soy sauce
- Sugar-free teriyaki sauce
- Oyster sauce
- White vinegar
- Apple cider vinegar
- Rice vinegar
- Mirin
- Sesame oil
- Mustard
- Organic honey
- Vanilla extract
- Banana extract
- Lime juice
- Unsweetened applesauce

## Spices & Seasonings

- Thyme (dried and ground)
- Dried sage
- Garlic salt
- Onion salt
- Fennel seeds
- Dried oregano
- Salt
- Black pepper
- Paprika
- Italian seasoning
- Kosher salt
- Bay leaf
- Ground allspice
- Cinnamon
- Garlic powder
- Onion powder

- Ground cloves
- Chili flakes
- Blue cheese dressing powder
- Sea salt
- Sesame seeds

## Baking Ingredients

- Baking powder
- Baking soda
- Zero-calorie sweetener
- Monk fruit sweetener
- Granulated sugar replacement
- Granulated sugar
- Splenda packets
- Stevia packets
- Sugar-free Jello vanilla pudding mix
- Sugar-free Jello pudding mix (white chocolate or vanilla)
- Unsweetened cocoa powder
- Zero-calorie powdered sugar
- Sugar-free or keto-friendly yellow cake mix
- Dried cranberries (reduced-sugar or no-sugar-added)
- Chopped pecans

## Frozen Items

- Frozen tater tots
- Cheese tortellini (if using frozen)

## Prepared Foods

- Real bacon crumble
- Thawed puff pastry sheet
- Refrigerated premade pie crust

## Beverages

- Espresso or very strong brewed coffee