

## Free WW August Plan

### Free WW Meal Plan SUNDAY August 24th

B: [Peach Crepes with Candied Almonds](#) (5 points)

L: [Light Chicken Divan](#) (5 points)

D: [Mexican Casserole](#) (5 points)

Dessert: [Strawberry Rhubarb Crisp](#) (4 points)

**Total WW Points: 19**

**Notes:** These peach crepes with candied almonds will blow you away with how easy the recipe is to make, while still being absolutely packed with flavor.

### Free WW Meal Plan MONDAY August 25th

B: [Chocolate Overnight Oats](#) (5 points)

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

D: [Homemade Hamburger Helper](#) (8 points)

Dessert: [Key Lime Pie](#) (4 points)

**Total WW Points: 22**

**Notes:** Chocolate overnight oats is a great meal prep recipe, so if you don't want to cook breakfast for the rest of the week, go ahead and make enough of these to last you.

### Free WW Meal Plan TUESDAY August 26th

B: [Sheet Pan Pancakes](#) (3 points)

L: [Air Fryer Turkey Burgers](#) (1 point)

D: Leftovers

Dessert: [Peach Cobbler](#) (3 point)

**Total WW Points: 7+**

**Notes:** If you've already put your grill up for the season, you can still make awesome burgers right in your air fryer. I love how easy it is to clean up as well - makes a great lunch option.

### Free WW Meal Plan WEDNESDAY August 27th

B: Leftovers

L: [Olive Garden Copycat Herb Grilled Salmon](#) (3 points)

D: [Healthy Chicken Fajitas](#) (1 point)

Dessert: [New York Style Cheesecake](#) (3 points)

**Total WW Points: 7+**

**Notes:** This NY Style Cheesecake will impress any cheesecake lover - and it's just 3 points!

## Free WW Meal Plan THURSDAY August 28th

B: [Apple Pancakes](#) (1 point each)

L: Leftovers

D: [Chicken Bacon Alfredo Pasta Bake](#) (5 points)

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

**Total WW Points: 10+**

**Notes:** As we transition into pie season, these mini cherry pies are perfect to start with! And they freeze beautifully, so don't be afraid to make a few extra.

## Free WW Meal Plan FRIDAY August 29th

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

L: [Baked Mac and Cheese](#) (5 points)

D: [Classic Swiss Steak](#) (2 points)

Dessert: Leftovers

**Total WW Points: 9+**

**Notes:** Add some rotisserie chicken or ground beef to this baked mac and cheese and you have a well balanced, but delicious lunch.

## Free WW Meal Plan SATURDAY August 30th

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

L: Grilled Chicken (0 points) + [Mexican Street Corn](#) (1 point)

D: [Chicken Enchilada Casserole](#) (15 points)

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

**Total WW Points: 23**

**Notes:** The chicken enchilada casserole may seem high in points compared to other recipes on here, but it's worth it! And if you do want to lower the points, you can just use some lighter cheese options.

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

## Grocery List

### Produce

- Onions (medium, small, red, yellow)
- Garlic cloves
- Bell peppers (red, green, yellow)
- Tomatoes (diced, cherry, ripe)
- Fresh cilantro

- Fresh parsley
- Limes
- Lemons
- Fresh strawberries
- Fresh rhubarb
- Red cabbage (finely shredded)
- White cabbage (finely shredded)
- Red onions
- Carrots (shredded)
- Apples
- Avocado (small)
- Fresh spinach leaves
- Mushrooms
- Fresh coriander
- Corn (ears/elotes)

## Meat & Seafood

- Pre-cooked chicken breast cubes
- Lean ground turkey (93% lean or higher)
- Ground turkey
- Mahi Mahi fillets
- Extra lean ground beef
- Salmon filet
- Chicken breasts (boneless, skinless, medium)
- Cooked roasted chicken breast
- Beef (cut into thick slices)
- Shredded cooked chicken breast
- Bacon strips
- Smoked turkey ham

## Dairy & Eggs

- Large eggs
- Egg yolks
- Unsweetened plain almond milk
- Light butter substitute
- Butter
- Light butter
- Milk (skim, 2%, low-fat, fat-free)
- Shredded mozzarella cheese (regular, fat-free, low-fat)
- Shredded swiss cheese
- Reduced-fat shredded Mexican blend cheese
- Reduced-fat shredded cheddar cheese

- Fat-free shredded cheddar cheese
- Low-fat cheddar cheese
- Reduced-fat Velveeta cheese
- Fat-free cottage cheese
- Dehydrated cottage cheese (low fat)
- Fat-free Greek yogurt
- Nonfat plain Greek yogurt
- Low-fat yogurt
- Plain Greek yogurt
- Fat-free evaporated milk
- ⅓ less-fat cream cheese
- Fat-free whipped topping
- Fat-free cool whip
- Fat-free Reddi Wip

### Pantry Staples

- All-purpose flour
- Self-rising flour
- Whole grain penne pasta
- Whole-grain pasta
- Small shells pasta
- Whole wheat penne pasta
- Wheat tortillas (medium)
- Ole high fiber low carb xtreme wellness tortillas
- Low-point burrito-sized tortilla
- Medium flour tortillas
- Corn tortillas
- Quick oats
- Rolled oats
- Panko breadcrumbs
- Low-fat graham crackers (crushed)
- Low-fat graham cracker crumbs
- Honey Maid low-fat graham crackers
- Reduced-fat crescent rolls

### Canned/Jarred Goods

- Canned sliced peaches
- Black beans (canned)
- Corn kernels (canned)
- Diced tomatoes (no added sugar)
- Salsa (low or zero added sugar)
- Sugar-free marinara sauce

- Cream of chicken soup
- Low-sodium beef broth
- Beef broth
- Chicken or fish broth
- Red bean paste
- Red enchilada sauce
- Frozen cherries
- Frozen blueberries

## Condiments & Sauces

- Vanilla extract
- Pure maple syrup
- Olive oil
- Canola oil
- Vegetable oil
- Cornstarch
- Tomato paste
- Vinegar
- Lime juice
- Lemon juice
- Light orange juice
- Key lime juice (fresh or bottled, no sugar added)
- Honey
- Worcestershire sauce
- Taco seasoning
- Unsweetened applesauce

## Spices & Seasonings

- Salt
- Black pepper
- Ground cinnamon
- Ground nutmeg
- Ground cumin
- Chili powder
- Paprika
- Smoked paprika
- Dried oregano
- Dried thyme
- Onion powder
- Garlic powder
- Cayenne pepper
- Italian seasoning

- Italian herbs
- Dried parsley
- Ground ginger
- Baking powder
- Kosher salt
- Dried mustard
- Lime zest

## Baking Ingredients

- Monk fruit with erythritol
- Monk fruit sweetener with erythritol
- Zero-calorie sweetener (cup-for-cup sugar replacement)
- Monk fruit powder
- Splenda packets
- Stevia packets
- Granulated sugar
- Unsweetened cocoa powder
- Chocolate chips (mini)
- Jell-O Cheesecake Sugar-Free, Fat-Free Instant Pudding

## Nuts

- Raw almonds (chopped/crushed)
- Slivered almonds (chopped)

## Fresh Herbs & Garnishes

- Fresh basil
- Fresh cilantro
- Fresh parsley
- Fresh coriander

## Specialty Items

- Blackening seasoning ingredients
- Pico de gallo ingredients
- Broccoli florets (boiled, steamed)
- Mixed berries (for topping)