

## Weight Watchers Meal Plan SUNDAY August 31st

B: [Air Fryer Fried Eggs](#) (1 point)  
L: [Tarragon Chicken and Asparagus](#) (2 points)  
D: [Cheesy Gnocchi Casserole](#) (5 points)  
Dessert: [Slow Cooker Fruit Cobbler](#) (3 points)

**Total WW Points: 11**

**Notes:** This slow cooker fruit cobbler is a great recipe to make no matter what season it is - just swap out the fruits based on what's at it's peak.

## Weight Watchers Meal Plan MONDAY September 1st

B: [3-Ingredient Banana Omelette](#) (1 point)  
L: [Lemon Butter Spaghetti](#) (6 points)  
D: [Korean Braised Chicken](#) (1 point)  
Dessert: [Sauteed Apples](#) (2 points)

**Total WW Points: 10**

**Notes:** Sauteed apples is an easy dessert that's comforting and will easily usher you into the fall spirit. Perfect for September 1st.

## Weight Watchers Meal Plan TUESDAY September 2nd

B: [Air Fryer Frittata](#) (3 points)  
L: [Bell Pepper Chicken Casserole](#) (2 points)  
D: [London Broil](#) (8 points)  
Dessert: [Baked Apple Cider Donuts](#) (3 points)

**Total WW Points: 16**

**Notes:** This bell pepper chicken casserole is a great option for meal prep, so pack up the leftovers, and then you don't have to worry with cooking lunches the rest of the week.

## Weight Watchers Meal Plan WEDNESDAY September 3rd

B: Leftovers  
L: [Nicoise Salad](#) (0 points)  
D: [Slow Cooker Whole Chicken](#) (0 points)  
Dessert: [Red Wine Poached Pears](#) (2 points)

**Total WW Points: 2+**

**Notes:** Add any of your favorite fall grains to dinner- like quinoa or even couscous - since this day is looking pretty low in points. You'll have the room for it.

## Weight Watchers Meal Plan THURSDAY September 4th

B: [Turkey Sausage Patties](#) + Eggs and Fruit (0 points)

L: [Hawaiian Macaroni Salad](#) (3 points)

D: Leftovers

Dessert: [Vegan Creme Brulee](#) (8 points)

**Total WW Points: 11+**

**Notes:** I love keeping these turkey sausage patties on hand for a quick, high protein breakfast.

## Weight Watchers Meal Plan FRIDAY September 5th

B: [Huevos Motulenos](#) (3 points)

L: [Pork Cabbage Rolls](#) (5 points)

D: [Spaghetti Carbonara](#) (5 points)

Dessert: Leftovers

**Total WW Points: 13+**

**Notes:** This spaghetti carbonara is a heavier meal that will bring comfort as the nights start getting chillier.

## Weight Watchers Meal Plan SATURDAY September 6th

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

L: Leftovers

D: [Baked Turkey Stuffed Sweet Potatoes](#) (2 points)

Dessert: [Peanut Butter Cheesecake](#) (11 points)

**Total WW Points: 18+**

**Notes:** Baked Turkey Stuffed sweet potatoes are one of my favorite ways to make a meal high protein, high fiber, but still comforting. You can swap out the meat for whatever you prefer!

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

## Grocery List

### Produce

- Asparagus
- Broccoli florets
- Leeks
- Limes
- Onions (small, medium, large, white, yellow)
- Bell peppers (red, green, yellow)
- Garlic cloves
- Tomatoes (crushed, cherry)

- Red onions
- Fresh basil
- Red apples (Pink Lady or preferred variety)
- Carrots (medium, shredded/grated)
- Potatoes (medium, new/small)
- Green onions/scallions
- Mushrooms (shiitake, cremini, or button)
- Fresh ginger
- Korean chili peppers (optional)
- Smoked low-fat turkey ham
- Green beans (round)
- Mixed lettuce leaves
- Artichoke hearts (optional)
- Pears
- Sweet potatoes (medium)

## Meat & Seafood

- Chicken breasts (boneless, skinless)
- Ground turkey (99% lean, 96% lean)
- Flank steak (trimmed)
- Whole skinless chicken (fat-trimmed)
- Tuna in olive oil (canned)
- Anchovy fillets (optional)
- Ground pork (96% lean)

## Dairy & Eggs

- Large eggs
- Butter
- Light butter substitute
- Skim milk
- Fat-free milk
- Low-fat yogurt
- Nonfat plain Greek yogurt
- Fat-free mozzarella cheese (shredded)
- Low-fat cheddar cheese (shredded)
- Mozzarella cheese (shredded)
- Grated Parmesan cheese
- Light cream cheese (softened)
- Fat-free cool whip
- Full-fat coconut milk
- Fresh cheese (crumbled)
- Egg yolks

## Pantry Staples

- All-purpose flour
- Oat flour
- All-purpose wheat flour
- Whole grain spaghetti (dry)
- Whole grain elbow macaroni (dry)
- Potato gnocchi (not frozen)
- Cooked whole wheat spaghetti
- Corn tortillas
- Rolled oats
- Cooked rice
- Large cabbage leaves
- Ready-made reduced fat graham crust

## Canned/Jarred Goods

- Fat-free marinara sauce
- Sugar-free marinara sauce
- Marinara sauce
- Black olives
- Capers
- Refried black beans
- Green peas (cooked)

## Condiments & Sauces

- Mustard
- Dijon mustard
- Olive oil
- Vegetable oil
- Soy sauce
- Mirin (sweet rice wine)
- Apple cider vinegar
- Balsamic vinegar (recommended)
- Lime juice
- Tomato paste
- Light mayo
- Reduced fat peanut butter
- Maple syrup

## Spices & Seasonings

- Dried tarragon
- Fresh tarragon

- Salt
- Black pepper (freshly ground)
- Kosher salt
- Table salt
- Dried parsley
- Fresh parsley
- Baking powder
- Cinnamon (ground)
- Red pepper flakes (optional)
- Taco seasoning
- Cumin (ground)
- Paprika (sweet)
- Dried oregano
- Dried thyme
- Sage
- Fennel seeds
- Onion salt
- Garlic powder
- Turmeric
- Allspice berries
- Cloves
- Vanilla extract

## Baking Ingredients

- Low-calorie sweetener (monk fruit with erythritol)
- Unsweetened applesauce
- Frozen fruit
- Sucralose sweetener packets
- Splenda packets
- Stevia powder
- Stevia (granulated)
- Erythritol
- Cornstarch
- Vanilla pod
- Granulated sugar
- Brown sugar
- Unflavored gelatin

## Beverages

- Red wine
- Water

### Frozen/Refrigerated Items

- Zucchini noodles (raw)

### Fresh Fruits & Berries

- Ripe bananas
- Mixed berries (strawberries, blueberries, raspberries)

### Specialty Items

- Mini Reese's pieces
- Cinnamon stick