

## WW Meal Plan SUNDAY October 5th

B: [Banana Cinnamon French Toast](#) (5 points)  
L: [Crockpot Buffalo Mac and Cheese](#) (5 points)  
D: [French Onion Chicken Pasta](#) (4 points)  
Dessert: [Slow Cooker Coffee Cake](#) (4 points)

**Total WW Points: 18**

**Notes:** If you love French Onion soup in the fall like I do, you have to make this french onion chicken pasta - it's delicious!

## WW Meal Plan MONDAY October 6th

B: [Breakfast Pizza Casserole](#) (5 points)  
L: [Salmon Skewers](#) (0 points)  
D: [Loaded Nacho Casserole](#) (7 points)  
Dessert: [Fruit Cobbler](#) (3 points)

**Total WW Points: 15**

**Notes:** Loaded Nacho Casserole can be quite a heavy dinner, so we're keeping lunch very simple and protein focused with yummy salmon skewers. They can be made in the air fryer or oven if you don't have an inside grill.

## WW Meal Plan TUESDAY October 7th

B: [Apple Cinnamon Rolls](#) (7 points)  
L: [White Chicken Chili Tacos](#) (2 points)  
D: [Tomato Tortellini Soup](#) (3 points)  
Dessert: [NY Style Blueberry Compote Cheesecake](#) (3 points)

**Total WW Points: 15**

**Notes:** The blueberry compote for the NY style cheesecake is zero points so it's a great recipe to have on hand if you want something delicious to add to pancakes, yogurt, or other desserts.

## WW Meal Plan WEDNESDAY October 8th

B: [Pumpkin Cream Cheese Muffins](#) (3 points)  
L: [Tex Mex Shepherd's Pie](#) (4 points)  
D: [Chicken Philly Stuffed Peppers](#) (2 points)  
Dessert: [Tiramisu](#) (5 points)

**Total WW Points: 14**

**Notes:** All of the meals for today scream fall to me - and I love how low in points they are! Feel free to spruce up each recipe to your liking.

## WW Meal Plan THURSDAY October 9th

B: [Biscuits N' Gravy Bake](#) (7 points)

L: [Garlic Parmesan Chicken Bites](#) (3 points)

D: [Cranberry Apple Pear Stuffing](#) (6 points) + Rotisserie Chicken

Dessert: [The Ultimate Skinny Pumpkin Cake](#) (0 points)

**Total WW Points: 16+**

**Notes:** I love using rotisserie chicken to pair with meals because it makes it easy to whip up a comforting meal with not a lot of work!

## WW Meal Plan FRIDAY October 10th

B: [Low Carb Eggs Benedict](#) (3 points)

L: [Monte Cristo Sandwich](#) (5 points)

D: [Spinach Artichoke Pasta Bake](#) (7 points)

Dessert: [Sauteed Apples](#) (2 points)

**Total WW Points: 17**

**Notes:** If you want an easy fall dessert, don't forget the power of a sauteed apple with a little bit of cinnamon and sugar. It's divine!

## WW Meal Plan SATURDAY October 11th

B: [Mini Protein Waffles](#) (3 points)

L: [Spicy Chicken Chili](#) (0 points)

D: [Maple Brown Sugar Bacon Pork Loin](#) (3 points)

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

**Total WW Points: 9**

**Notes:** Yes, the spicy chicken chili is zero points so whip up a batch if your favorite cornbread to go with it. Kodiak makes a great cornbread.

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

## Grocery List

### Produce

- Red onions
- Garlic cloves
- Fresh garlic

- Fresh spinach
- Apples
- Red apples (Pink Lady)
- Pears
- Large peppers (for stuffing)
- Tomato
- Jalapeños
- Green onions
- Zucchini
- Limes
- Lemon
- Fresh lemon juice
- Bananas
- Fresh strawberries
- Fresh dill
- Pickles
- Chopped pickles

## **Meat & Seafood**

- Pork tenderloin
- Raw boneless skinless chicken breast
- 99% fat-free ground chicken
- Fat free ground turkey
- Extra lean ground beef
- Oscar Mayer center cut bacon
- Canadian bacon
- Turkey breakfast sausage (Jennie-O)
- Regular pepperoni
- Salmon

## **Dairy & Eggs**

- Eggs
- Egg whites
- Light cream cheese
- Light sour cream
- Reduced calorie mayo
- Light ranch dressing
- Reduced-fat shredded mozzarella
- Light reduced fat shredded cheese
- 3 cheese blend
- Light swiss cheese

- Shredded asiago cheese
- Finely grated parmesan cheese
- Part-skim ricotta cheese
- Milk (1%)
- Almond milk
- Nonfat plain Greek yogurt
- Fat-free half and half
- Light butter
- Fat-free whipped topping

## **Pantry Staples**

- Brown sugar
- White sugar
- Zero-calorie sweetener
- Or sucralose sweetener packets
- Light maple syrup
- All-purpose flour
- Cornstarch
- Baking powder
- Baking soda
- Vanilla extract
- Vanilla protein powder
- Salt
- Garlic salt
- Black pepper
- Cinnamon
- Ground cinnamon
- Pumpkin spice
- Paprika
- Chili powder
- Red pepper flakes
- Red chili flakes
- Cumin
- Oregano
- Dried oregano
- Italian seasoning
- Bay leaves
- Cayenne pepper
- Sage
- Rosemary
- Taco seasoning
- Olive oil
- Vegetable oil

- Chicken broth
- Vegetable broth
- Franks hot sauce
- Tomato paste
- Salsa
- Dijon mustard
- Balsamic vinegar
- Apple cider vinegar
- Unsweetened cocoa powder
- Unsweetened applesauce
- Pumpkin puree
- Dried cranberries
- Chopped pecans
- Walnuts

## **Frozen & Packaged Items**

- High fiber pasta
- Whole wheat macaroni pasta
- Cheese tortellini
- Artichoke hearts (canned)
- Diced tomatoes (28-oz can)
- Tomato paste (5.5-oz can)
- Frozen corn
- Canned green chilies
- Small tortillas
- Great value biscuits (7.5 oz package)
- Pillsbury buttermilk biscuits
- Pillsbury cinnamon rolls (351g container, 8 pack)
- Pillsbury reduced fat crescent rolls
- Low calories bread (Sara Lee)
- Condensed light tomato soup
- Stove top stuffing (cornbread flavor)
- Tostitos chips
- Onion soup mix
- Country gravy mix (McCormick or Pioneer)
- Sugar-free Jello vanilla pudding
- Jell-O Cheesecake Sugar-Free Fat-Free Instant Pudding
- Ladyfingers (biscuit or cake)
- Espresso or strong brewed coffee
- Crushed low-fat graham crackers
- Frozen fruit
- Frozen blueberries

