

Free Weight Watchers Meal Plan SUNDAY September 14th

B: [Double Chocolate Espresso Muffins](#) (3 points)

L: [Easy Greek Chicken Salad Bowls](#) (6 points)

D: [Brunswick Stew](#) (2 points)

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

Total WW Points: 14

Notes: Make sure you go ahead and make the pumpkin latte overnight oats for tomorrow's breakfast! And if you don't want to cook for the rest of the week, make enough for the entire week!

Weight Watchers Meal Plan MONDAY September 15th

B: [Pumpkin Latte Overnight Oats](#) (7 points)

L: [Turkey Taco Pasta Salad](#) (4 points)

D: Leftovers

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

Total WW Points: 15+

Notes: No one wants to cook on a Monday night! So use any leftovers from Sunday's lunch or dinner to just chill.

Free Weight Watchers Meal Plan TUESDAY September 16th

B: [Sausage Biscuit Casserole](#) (7 points)

L: [WW Chicken Salad](#) (2 points)

D: [Turkey Taco Soup](#) (1 point)

Dessert: [Slow Cooker Cranberry Pear Cobbler](#) (4 points)

Total WW Points: 14

Notes: It's taco tuesday, so take this chance to make a yummy soup that easily fits the occasion. It freezes well too, so save any leftovers for next week.

Free Weight Watchers Meal Plan WEDNESDAY September 17th

B: [Apple Cranberry Oatmeal Bake](#) (5 points)

L: Leftovers

D: [Chicken Caprese](#) (5 points)

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

Total WW Points: 14+

Notes: This carrot cake is a Weight Watcher's wonder. There's no reason to make the "real deal" when this one is just 4 points!

Free Weight Watchers Meal Plan THURSDAY September 18th

B: [Chicken Frittata](#) (1 point)

L: [WW Orange Chicken](#) (3 points)

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

Dessert: Leftovers

Total WW Points: 12+

Notes: The orange chicken and the hamburger helper are both very easy meals to whip up, so make sure to keep these in your back pocket for when you need a go to meal that doesn't require a lot of prep.

Free Weight Watchers Meal Plan FRIDAY September 19th

B: [Banana Pumpkin Muffins](#) (2 points)

L: [Big Mac Salad](#) (3 points)

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

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

Total WW Points: 17

Notes: This is the perfect night to entertain friends because the chicken parm bake along with the tiramisu will impress even those that aren't on Weight Watchers.

Free Weight Watchers Meal Plan SATURDAY September 20th

B: Leftovers

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

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

Dessert: [Raspberry Poke Cake](#) (4 points)

Total WW Points: 11+

Notes: Use breakfast as an opportunity to clean out your fridge for next week! Either enjoy some leftovers or whip up an omelette with some eggs and leftover veggies.

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

Grocery List

Meat & Protein

- Chicken breast (boneless, skinless)
- Extra lean ground beef

- Fat-free ground turkey
- Pulled pork
- Boneless pork chops
- Pork breakfast sausages
- Center cut bacon
- Eggs
- Egg whites (liquid)

Dairy

- Low-fat shredded mozzarella cheese
- Reduced-fat shredded cheddar cheese
- 3 cheese blend (reduced fat)
- Light feta cheese
- Shredded parmesan cheese
- Grated parmesan cheese
- Part-skim ricotta cheese
- Reduced-fat cream cheese
- Light butter substitute
- Fat-free milk
- Unsweetened plain almond milk
- Nonfat plain Greek yogurt
- Light mayonnaise
- Sour cream
- Fat-free Cool Whip

Fresh Produce

- Onions (white, red)
- Bell peppers
- Green chili peppers
- Cherry tomatoes
- Diced tomatoes
- Garlic cloves
- Fresh basil leaves
- Scallions/green onions
- Cucumber
- Avocado
- Iceberg lettuce
- Apples (Granny Smith)
- Grapes
- Bananas
- Sweet potatoes

- Carrots (shredded)
- Fresh cranberries
- Fresh cilantro
- Lemons

Pantry Staples

- All-purpose flour
- Sugar-free barbecue sauce
- Sugar-free marinara sauce
- Tomato paste
- Tomato sauce
- Chicken broth
- Beef broth
- Lima beans
- Kidney beans
- Corn kernels (fresh or frozen)
- Frozen corn
- Diced tomatoes (canned)
- Sliced pears in water (canned)
- Pineapple tidbits/chunks
- Rotini pasta
- Spaghetti
- Small shell pasta
- Oats (quick oats)
- Cornstarch
- Rice vinegar
- Red wine vinegar
- Olive oil
- Cooking spray
- Ladyfingers
- Panko bread crumbs
- Low-fat graham crumbs
- Canned biscuits
- Taco shells
- Olives
- Dill pickles
- Relish
- Dijon mustard
- Worcestershire sauce
- Soy sauce
- Sugar-free maple syrup
- Calorie wise Catalina dressing
- Unsweetened applesauce

- Canned pumpkin
- Fresh orange juice
- Espresso/strong coffee
- Walnuts
- Pecans
- Reduced-fat peanut butter
- Zero-sugar chocolate chips
- Butterfinger candies (crushed)
- Unsweetened cocoa powder
- Zero-sugar chocolate melting wafers
- Lime juice
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Seasonings & Spices

- Salt
- Black pepper
- Smoked paprika
- Paprika
- Cayenne pepper
- Italian seasoning
- Italian herbs
- Dried oregano
- Dried thyme
- Dried basil
- Taco seasoning
- Chili powder
- Ground cumin
- Ground cinnamon
- Ground nutmeg
- All spice
- Baking powder
- Baking soda
- Vanilla extract
- Onion powder
- Garlic powder
- Instant espresso powder