

Free WW Meal Plan SUNDAY September 21st

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

L: [Buffalo Chicken Baked Potato](#) (7 points)

D: [Coconut Lime Chicken](#) (3 points)

Dessert: [Snickerdoodle Bars](#) (5 points)

Total WW Points: 22

Notes: This coconut lime chicken can be light and refreshing, but is also a great example of a transitional meal. It's hefty enough to keep you warm if your Sunday evening is chilly!

Free WW Meal Plan MONDAY September 22nd

B: [Air Fryer Cinnamon Roll Bites](#) (7 points)

L: [Chimichurri Salmon](#) (1 point)

D: [Butternut Squash Meatloaf](#) (4 points)

Dessert: [Apple Crisp](#) (2 points)

Total WW Points: 14

Notes: This butternut squash meatloaf is a hit for a reason! It perfectly showcases the season's flavors while keeping it very Weight Watchers-friendly.

Free WW Meal Plan TUESDAY September 23rd

B: [Low Calorie Blueberry Muffins](#) (2 points)

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

D: [Pork Bulgogi](#) (4 points)

Dessert: [Peanut Butter Blossoms](#) (3 points)

Total WW Points: 12

Notes: The peanut butter blossoms are a delicious treat on a fall evening. You can even freeze leftovers if you want some cookies that you can pull out any night of the week.

Free WW Meal Plan WEDNESDAY September 24th

B: Leftovers

L: [Cod Chowder](#) (3 points)

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

Dessert: [Hot Chocolate Mug Cake](#) (4 points)

Total WW Points: 11+

Notes: You may think that soups are a no go for lunch because they often take a while to make, but this restaurant-style cod chowder is easy to whip up.

Free WW Meal Plan THURSDAY September 25th

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

L: [Instant Pot Cuban Arroz Con Pollo](#) (6 points)

D: Leftovers

Dessert: [Red Velvet Bars](#) (1 point)

Total WW Points: 12+

Notes: I love the Instant Pot during the fall and winter - it makes conforming fall meals like this arroz con pollo a breeze to make.

Free WW Meal Plan FRIDAY September 26th

B: [Broccoli Cheese Breakfast Bake](#) (2 points)

L: Leftovers

D: [Chicken Curry](#) (0 points)

Dessert: [Apple Fritter Bread](#) (4 points)

Total WW Points: 6+

Notes: Since chicken curry is zero points, make sure you enjoy it with some really good naan!

Free WW Meal Plan SATURDAY September 27th

B: [French Toast Sticks](#) (6 points)

L: [Stuffed Mushroom Casserole](#) (4 points)

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

Dessert: Leftovers

Total WW Points: 18+

Notes: I personally don't think there's much better than French toast sticks on a chilly Saturday morning. And these are just 6 points! I use sugar-free syrup on mine so that I don't add unnecessary points.

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

Grocery List

Produce

- Small/medium potatoes
- White onions
- Red onion
- Garlic cloves

- Fresh ginger
- Thai chilis
- Bok choy
- Kaffir lime leaves
- Butternut squash
- Spring onions (scallions)
- Green onions
- Eggplants
- Red bell pepper
- Carrots
- Peas
- Celery stalks
- Curly parsley
- Small chili pepper
- Grape/cherry tomatoes
- Fresh arugula
- Broccoli florets
- Green beans
- Limes
- Ripe pear
- Mixed berries (strawberries, blueberries, raspberries)
- Blueberries (frozen)
- Apples (Granny Smith or any variety)

Meat & Seafood

- Boneless, skinless chicken breasts
- Shredded chicken (cooked)
- Rotisserie chicken breast
- Ground pork
- Smoked turkey sausage
- Ground turkey
- Salmon fillets
- Cod

Dairy & Eggs

- Eggs
- Light cream cheese
- Light ranch dressing
- Reduced-fat shredded cheddar cheese
- Grated Parmesan cheese
- Fat-free shredded mozzarella

- Cottage cheese
- Skim milk
- Light coconut milk
- Nonfat plain Greek yogurt
- Low-fat yogurt
- Light butter substitute
- Reduced-fat peanut butter spread
- Unsweetened almond milk

Pantry Staples

- Salt
- Black pepper
- Ground ginger
- Cornstarch
- Olive oil
- Sesame oil
- Franks hot sauce
- Chicken broth
- Fish/clam broth
- Oyster sauce
- Soy sauce
- Light sugar-free barbecue sauce
- Dried oregano
- Red pepper flakes
- Sesame seeds
- Marinara sauce
- Turmeric
- Curry powder
- Tomato paste
- Cumin
- Ground thyme
- Garlic powder
- Italian seasoning
- Light Italian dressing
- Panko Japanese breadcrumbs
- Bay leaves
- Paprika
- Rolled oats
- Quick oats
- All-purpose flour
- Baking powder
- Baking soda
- Vanilla extract

- Stevia powder or Monkfruit sweetener
- White sugar
- Brown sugar
- Cinnamon
- Thyme
- Dried sage
- Garlic salt
- Onion salt
- Fennel seeds
- Cocoa powder
- Zero-calorie granulated sugar substitute
- Red food dye
- Distilled white vinegar
- Powdered zero calorie sweetener
- Hot cocoa mix
- Cream of tartar
- Pure maple syrup
- Brown sugar replacement
- Almonds
- Distilled vinegar
- Unsweetened applesauce

Frozen & Packaged Items

- Cheese tortellini (fresh or frozen)
- Canned black olives
- Artichokes, jarred or canned
- Canned mixed vegetables
- Refrigerated premade pie crust
- Long-grain white rice
- Frozen tater tots
- Real bacon crumble
- Weight watchers white bread (or low calorie bread)
- Frosted flakes cereal
- Pillsbury cinnamon rolls with icing
- Reduced sodium cream of chicken condensed soup
- Hershey's kisses
- Marshmallows (no-sugar-added or regular)