

## Weight Watchers Meal Plan SUNDAY September 28th

B: [Pumpkin French Toast Casserole](#) (4 points)  
L: [Spinach Asiago Bacon Wrapped Chicken](#) (8 points)  
D: [Chicken Bacon Ranch Scallop Potatoes](#) (7 points)  
Dessert: [No Bake Cookies](#) (3 points)

**Total WW Points: 22**

**Notes:** Pumpkin French Toast Casserole is a dream on a slow sunday morning. If this is a hit, save the leftovers for the rest of the week so you don't have to cook each breakfast!

## Weight Watchers Meal Plan MONDAY September 29th

B: [Hash Brown Egg Bake](#) (5 points)  
L: Leftovers  
D: [Pizza Casserole](#) (8 points)  
Dessert: [S'mores Donuts](#) (3 points)

**Total WW Points: 16+**

**Notes:** S'mores donuts are a great alternative for when you wish you were around a campfire, but can't be. They freeze well too!

## Weight Watchers Meal Plan TUESDAY September 30th

B: [Double Chocolate Peanut Butter Pancakes](#) (7 points)  
L: [Chicken Parmesan Pie](#) (7 points)  
D: [Chicken Puttanesca](#) (3 points)  
Dessert: Leftovers

**Total WW Points: 17+**

**Notes:** The chicken parmesan pie actually makes a great meal prep option because it keeps well, so consider boxing it up or making double for the rest of the week.

## Weight Watchers Meal Plan WEDNESDAY October 1st

B: [Caramel Apple French Toast Muffins](#) (2 points)  
L: [Buffalo Chicken Pie](#) (5 points)  
D: Leftovers  
Dessert: [Peanut Butter Chocolate Cookies](#) (2 points)

**Total WW Points: 9+**

**Notes:** Caramel Apple French toast muffins will bring you the best flavors of the season, especially if you're not a pumpkin lover. These make great house warming gifts, so take some to your neighbor!

## Weight Watchers Meal Plan THURSDAY October 2nd

B: Leftovers

L: [Meat Mashed Potato Pie](#) (7 points)

D: [Creamy Chicken Noodle Soup](#) (4 points)

Dessert: [Monkey Bread Pie](#) (5 points)

**Total WW Points: 16+**

**Notes:** Meat and Mashed Potato Pie - what is better than that? Talk about the ultimate comfort meal!

## Weight Watchers Meal Plan FRIDAY October 3rd

B: [Pillsbury Breakfast Casserole](#) (7 points)

L: [Chicken Caesar Salad Pasta Bake](#) (6 points)

D: [Lasagna](#) (7 points)

Dessert: [Apple Cinnamon Donuts](#) (2 points)

**Total WW Points: 22**

**Notes:** Lasagna is a great comforting meal on a chilly evening, but most recipes will use up all of your precious weight watchers points. This version is fantastic because it's got plenty of flavor for just 7 points.

## Weight Watchers Meal Plan SATURDAY October 4th

B: [Kodiak Pumpkin Spice Muffins](#) (3 points)

L: [Pizza Stuffed Chicken Breast](#) (4 points)

D: [Slow Cooker Pork and Sour Kraut](#) (6 points)

Dessert: [Brownie Cheesecake Bites](#) (3 points)

**Total WW Points: 16**

**Notes:** Kodiak muffins make things easy - it's a boxed mix that you can add your own flavor too and they have extra protein in them!

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

## Grocery List

### Produce

- Small/medium potatoes
- White potatoes
- Onions
- Garlic cloves

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

## **Meat & Seafood**

- Boneless, skinless chicken breasts
- Bone-in skinless chicken breasts
- Rotisserie chicken breast
- Ground pork
- Pork loin
- Smoked turkey sausage
- 93% ground turkey
- Salmon fillets
- Cod

- Diced cooked ham
- Center cut bacon
- Oscar Mayer center cut bacon
- Real bacon bits
- Pepperoni slices
- Chicken sausage
- Extra lean ground beef
- Anchovy fillets (oil-free)

## **Dairy & Eggs**

- Eggs
- Egg whites
- Fat free cream cheese
- Fat free ranch dressing
- Light grated cheese
- Reduced-fat shredded cheddar cheese
- Light grated mozzarella cheese
- Light shredded mozzarella
- Fresh grated asiago cheese
- Cottage cheese
- Low fat cottage cheese
- Skim milk
- Whole milk
- Light coconut milk
- Nonfat plain Greek yogurt
- Low-fat yogurt
- Light butter substitute
- Reduced-fat peanut butter spread
- Light peanut butter
- Kraft light peanut butter
- Unsweetened almond milk

## **Pantry Staples**

- Salt
- Black pepper
- Ground ginger
- Cornstarch
- Olive oil
- Sesame oil
- Franks hot sauce
- Hot sauce

- Chicken broth
- Fish/clam broth
- Oyster sauce
- Soy sauce
- Light sugar-free barbecue sauce
- Sugar-free marinara sauce
- Pasta sauce
- Reduced fat pasta sauce
- Pizza sauce
- Dried oregano
- Red pepper flakes
- Sesame seeds
- Marinara sauce
- Turmeric
- Curry powder
- Tomato paste
- Cumin
- Ground thyme
- Dried thyme
- Garlic powder
- Italian seasoning
- Light Italian dressing
- Fat free caesar salad dressing
- Panko Japanese breadcrumbs
- Panko crumbs
- Bay leaves
- Paprika
- Sweet paprika
- Rolled oats
- Quick oats
- All-purpose flour
- White flour
- Baking powder
- Baking soda
- Vanilla extract
- Stevia powder or Monkfruit sweetener
- White sugar
- Brown sugar
- Brown sugar substitute
- Cinnamon
- Ground cinnamon
- Pumpkin pie spice
- Thyme
- Dried sage

- Garlic salt
- Onion salt
- Fennel seeds
- Cocoa powder
- Zero-calorie granulated sugar substitute
- Red food dye
- Distilled white vinegar
- Apple cider vinegar
- Vinegar
- Powdered zero calorie sweetener
- Hot cocoa mix
- Cream of tartar
- Pure maple syrup
- Maple syrup
- Brown sugar replacement
- Almonds
- Chopped pecans
- Walnuts
- Distilled vinegar
- Unsweetened applesauce
- Apple juice
- Honey
- Coconut flakes
- Whole flax seeds
- Sugar free caramel sauce
- No sugar added jam
- Graham crumbs

## **Frozen & Packaged Items**

- Canned black olives
- Sliced black olives
- Baby capers
- Canned artichokes
- Canned mixed vegetables
- Whole peeled tomatoes (28-oz can)
- Whole kernel corn (canned)
- Sweet peas (canned)
- Frozen spinach
- Sauerkraut
- Refrigerated premade pie crust
- Long-grain white rice
- Small pasta shapes
- Uncooked small pasta shapes

- Penne pasta
- Lasagna noodles
- Frozen tater tots
- Frozen hash browns
- Low-calorie bread
- Pillsbury cinnamon rolls with icing
- Pillsbury biscuits (7.5 oz)
- Pillsbury reduced fat crescent rolls
- Reduced sodium cream of chicken condensed soup
- Mini chocolate chips
- Mini white chocolate chips
- 70% Lindt dark chocolate
- Marshmallows (no-sugar-added or regular)
- Marshmallow fluff
- 100% Pumpkin puree (15-oz can)
- Kodiak cakes pumpkin mix
- Pumpkin seeds
- Special K brownie bites
- Fiber 1 brownie
- White icing
- Betty Crocker white icing
- Beef oxo (bullion cube)
- Croutons