

## WW Meal Plan SUNDAY September 7th

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

L: [Dumpling Soup](#) (4 points)

D: [Angel Chicken Pasta](#) (8 points)

Dessert: [Mini Cherry Pies](#) (4 points)

**Total WW Points: 19**

**Notes:** These mini cherry pies will have you ready for pie season in no time. They're great for freezing, so make a batch for next week to keep your meal prep simple!

## WW Meal Plan MONDAY September 8th

B: [WW Egg Muffins](#) (2 points)

L: [WW Beef and Broccoli](#) (4 points)

D: [Green Chili Stew](#) (1 point)

Dessert: [Mud Cake](#) (2 points)

**Total WW Points: 9**

**Notes:** This green chili stew isn't as heavy as it sounds. So even if it's still warm where you are, it's a perfect "in-between" season's soup.

## WW Meal Plan TUESDAY September 9th

B: Leftovers

L: [Pesto Avocado Chicken](#) (6 points)

D: [Peruvian Soup](#) (2 points)

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

**Total WW Points: 12+**

**Notes:** Since the Egg muffins from Monday make a large batch, go ahead and have them for breakfast Tuesday morning too. It saves you so much time without having to think about it.

## WW Meal Plan WEDNESDAY September 10th

B: [Pumpkin Bread](#) (2 points)

L: [Spinach and Artichoke Pasta Salad](#) (2 points)

D: [Healthy General Tso's Chicken](#) (1 point)

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

**Total WW Points: 7**

**Notes:**

## WW Meal Plan THURSDAY September 11th

B: [Choco Oats](#) (5 points)

L: [Pineapple Chicken and Rice Wraps](#) (5 points)

D: Leftovers

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

**Total WW Points: 14+**

**Notes:** The pineapple chicken and rice wraps call for Flatout wraps, which unfortunately are no longer made. But there are plenty of Weight Watcher approved low carb wraps at local grocery stores, so just use your favorite brand.

## WW Meal Plan FRIDAY September 12th

B: [Pineapple Coconut Breakfast Pie](#) (5 points)

L: [Chicken Fajitas](#) (1 point)

D: [Chicken Cordon Bleu Casserole](#) (4 points)

Dessert: Leftovers

**Total WW Points: 10+**

**Notes:** This pineapple coconut breakfast pie is refreshing and comforting at the same time. It'll remind you of summer because of the bright pineapple, but it's also hefty enough for a cool fall morning.

## WW Meal Plan SATURDAY September 13th

B: [Spinach Mushroom Asiago Quiche](#) (6 points)

L: Leftovers

D: [Chicken Marengo](#) (4 points)

Dessert: [Mini Raspberry White Chocolate Cupcakes](#) (2 points)

**Total WW Points: 12+**

**Notes:** Chicken Marengo is quite a light dish, so pair it with some rice or warm bread if you need more of a filling meal.

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

## Grocery List

### Meat & Poultry

- Boneless skinless chicken breast
- Pork loin
- Smoked low-fat turkey ham

## Produce

- Spinach
- Red onion
- White onion
- Yellow onion
- Garlic cloves
- Fresh ginger
- Green onions
- Red bell pepper
- Yellow bell pepper
- Mushrooms
- Fresh tomatoes
- Cherry tomatoes
- Fresh basil leaves
- Jalapenos
- Cilantro
- Mixed lettuce leaves
- Avocado
- Carrots
- Potatoes
- Green peas
- Fresh pineapple
- Bananas
- Apples
- Fresh raspberries

## Pantry & Dry Goods

- Pasta (rotini, angel hair)
- White rice
- Rolled oats
- All-purpose flour
- Whole wheat flour
- White cake mix
- Cornstarch
- Baking powder
- Baking soda
- Salt
- Black pepper
- Sweet paprika
- Ground cumin
- Garlic powder
- Chili powder/cayenne pepper

- Taco seasoning
- Ground cinnamon
- Ground cloves
- Oregano
- Bay leaves
- Pumpkin pie spice
- Unsweetened cocoa powder
- Breadcrumbs
- Pine nuts
- Dark chocolate chips
- Mini white chocolate chips
- White chocolate squares
- Unsweetened shredded coconut
- Dried red chili

### Pantry Sauces & Condiments

- Soy sauce (low-sodium)
- Hoisin sauce
- Rice vinegar
- Vinegar
- Olive oil
- Vegetable oil
- Yellow mustard
- Light mayonnaise
- No-sugar-added marinara sauce
- Sugar-free marinara sauce
- Unsweetened orange juice
- Unsweetened apple sauce
- Aji amarillo paste
- Vanilla extract
- Low carb wraps
- Flour tortillas
- Corn tortillas
- White sugar
- Brown sugar
- Icing sugar/confectionery sugar
- Zero-calorie sweetener/monk fruit sweetener
- Stevia packets
- Splenda packets

### Canned & Jarred Goods

- Artichoke (jar)

- Canned mushrooms
- Green chili (can)
- Sun-dried tomatoes
- Tomato juice
- Chicken broth (low-sodium)
- Refried black beans

## Dairy & Eggs

- Eggs
- Liquid egg whites
- Non-fat plain Greek yogurt
- Fat-free sour cream
- Skim milk
- Cottage cheese (1%)
- Parmesan cheese (grated)
- Light grated cheese
- Asiago cheese (grated)
- Low-fat mozzarella cheese (shredded)
- Low-fat feta cheese (crumbled)
- Fresh cheese (crumbled)
- Reduced-calorie margarine
- Pillsbury biscuits
- Pre-made pie crust dough
- Reduced-fat crescent rolls

## Frozen

- cherries
- Frozen dumplings

## Misc

- Hot brewed coffee