

WW Meal Plan SUNDAY November 9th

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

L: [Parmesan Chicken Tenders](#) (2 points)

D: [Slow Cooker Brisket](#) (4 points)

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

Total WW Points: 12

Notes: I love carrot cake, but sometimes making the whole thing is a hassle. These carrot cake bars are perfect when you want to be lazy with it!

WW Meal Plan MONDAY November 10th

B: [Breakfast Stromboli](#) (7 points)

L: Leftovers

D: [Bacon Cheeseburger Lasagna Rolls](#) (6 points)

Dessert: [Pumpkin Spice Donuts](#) (3 points)

Total WW Points: 16+

Notes: This breakfast stromboli makes a great meal prep breakfast because it's handheld if it needs to be. You can use it for the rest of the week if you need a breakfast that's on the go.

WW Meal Plan TUESDAY November 11th

B: [Sausage Biscuit Casserole](#) (6 points)

L: [Carnitas](#) (5 points)

D: [Chicken Alfredo Soup](#) (4 points)

Dessert: Leftovers

Total WW Points: 15+

Notes: Chicken alfredo soup definitely sounds weird, but give it a chance. It's shredded chicken added to a lightened up base of light alfredo sauce, low fat cream of chicken soup, unsweetened almond milk, and chicken broth.

WW Meal Plan WEDNESDAY November 12th

B: Leftovers

L: [Buffalo Chicken Empanadas](#) (4 points)

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

Dessert: [Gingerbread Cookies](#) (3 points)

Total WW Points: 7+

Notes: This Spicy Chicken Chili is healthy, hearty, and very filling. The key to making this chili zero points is to use 99% fat-free ground chicken. Sprouts and Trader Joe's both carry a great fat-free ground turkey, so you could use that as well.

WW Meal Plan THURSDAY November 13th

B: [Kodiak Pumpkin Muffins](#) (1 point)

L: [Chicken Parm Loaf](#) (5 points)

D: [Tex Mex Shepherd's Pie](#) (4 points)

Dessert: [Apple Maple Pockets](#) (2 points)

Total WW Points: 12

Notes: These apple maple pockets are great for this season. Easy to make, perfect seasonal flavors, and low in points.

WW Meal Plan FRIDAY November 14th

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

L: [White Chicken Chili Tacos](#) (2 points)

D: Leftovers

Dessert: [Pecan Thumbprint Cookies](#) (3 points)

Total WW Points: 10+

Notes: You can't head into winter without a good pecan thumbprint cookie, and these are only 3 points!

WW Meal Plan SATURDAY November 15th

B: [Cinnamon French Toast Casserole](#) (4 points)

L: [Bacon Cheeseburger Soup](#) (3 points)

D: [Chicken Chili Bubble Up](#) (5 points)

Dessert: [Mini Peanut Butter Cookies](#) (1 point)

Total WW Points: 13

Notes: If you're tired of chili and soup, make this chicken chili bubble up. You get the comforting winter flavor but with biscuits!

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

Grocery List

Proteins

- Lean brisket

- Extra lean ground beef
- 99% fat-free ground chicken
- Fat free ground turkey
- Boneless skinless chicken breast
- Center cut bacon
- Pork breakfast sausages
- Pork shoulder
- Eggs
- Liquid egg whites

Dairy & Refrigerated

- Light cream cheese
- Light butter
- Skim milk
- Almond milk
- Non fat plain Greek yogurt
- Vanilla Greek yogurt
- Light sour cream
- Reduced fat shredded cheese
- Reduced fat shredded mozzarella
- Light alfredo sauce
- Finely grated parmesan cheese

Fresh Produce

- Medium bananas
- Apples (peeled and diced)
- Red onion
- Green onion
- Red pepper
- Green pepper
- Yellow pepper
- Tomato
- Diced garlic
- Shredded carrots
- Fresh cranberries
- Fresh oranges (for juice)

Frozen Items

- Home fries

- Corn
- Hash browns

Pantry/Dry Goods

- Quick oats
- All-purpose flour
- Self raising flour
- Lasagna noodles
- Whole wheat lasagna noodles
- Small tortillas
- Low carb wraps
- Bread crumbs
- Panko crumbs
- Finely chopped walnuts
- Chopped nuts
- Chopped pecans
- White chocolate chips
- Kodiak cakes buttermilk protein packed mix

Canned/Jarred Goods

- Pumpkin puree
- Low fat cream of chicken soup
- Chicken broth
- Diced tomatoes
- Tomato paste
- Light tomato pasta sauce
- Salsa
- Franks hot sauce
- Ketchup
- Apple cider vinegar
- Worcestershire sauce
- Canned green chilies
- Unsweetened applesauce

Oils & Condiments

- Olive oil
- Mustard
- Mustard powder
- Ranch dressing

- Honey
- Sugar free maple syrup
- Molasses
- Peanut butter

Spices & Seasonings

- Vanilla extract
- Ground cinnamon
- Pumpkin pie spice
- Nutmeg
- Ground ginger
- Ginger
- Cumin
- Garlic powder
- Dried oregano
- Oregano
- Paprika
- Cajun seasoning
- Chili powder
- Red chili flakes
- Red pepper flakes
- Cayenne pepper
- Italian seasoning
- Bay leaves
- Basil
- Thyme
- Onion powder
- Garlic salt
- Salt
- Black pepper
- Trader Joe's everything but the bagel seasoning

Sweeteners

- Brown sugar
- White sugar
- Sugar substitute or Stevia
- Icing sugar (confectionery sugar)

Baking Supplies

- Baking powder
- Baking soda
- All spice

Bakery/Bread Items

- Pillsbury pizza dough
- Reduced fat crescent rolls
- Pillsbury biscuits (7.5 oz packages)