

Free WW Meal Plan SUNDAY October 12th

B: [Air Fryer Frittata](#) (3 points)

L: [WW Jambalaya](#) (2 points)

D: [Cajun White Chicken Chili](#) (3 points)

Dessert: [Brownie Mug Cake](#) (5 points)

Total WW Points: 13

Notes: This Cajun white chicken chili is a new recipe to DMS, so if you haven't tried it, it's a must make! And I would make sure to cook a large batch so that you have leftovers for this week.

Free WW Meal Plan MONDAY October 13th

B: [Pumpkin Bread](#) (2 points) + Boiled Eggs (0 points)

L: [Fiesta Lime Chicken](#) (4 points)

D: [Easy Air Fryer Meatloaf](#) (5 points)

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

Total WW Points: 14

Notes: Mondays are hard enough, so you know what makes them great? Pumpkin bread for breakfast. And if you pair it with some boiled eggs, you've got a balanced meal!

Free WW Meal Plan TUESDAY October 14th

B: [Sweet Potato Pancakes](#) (6 points)

L: [Chicken Scarpariello](#) (2 points)

D: [Black Eyed Pea Soup](#) (1 point)

Dessert: [Sweet Potato Cake](#) (5 points)

Total WW Points: 14

Notes: Black eyed pea soup is comforting and packed with protein. And since it's just 1 point, it's an amazing WW option!

Free WW Meal Plan WEDNESDAY October 15th

B: [Tortilla Quiche Bake](#) (3 points)

L: Leftovers

D: [Wild Rice Chicken Soup](#) (2 points)

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

Total WW Points: 10+

Notes: I suggest some of that Cajun White Chicken Chili for lunch today! When soup sits overnight, the flavors meld together so leftovers get better with time.

Free WW Meal Plan THURSDAY October 16th

B: Leftovers

L: [Vegetarian Black Bean Chili](#) (0 points)

D: [Grandma's Classic Swiss Steak](#) (2 points)

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

Total WW Points: 7+

Notes: Yes, this vegetarian black bean chili is zero points! It may be your new go to recipe for the winter. And of course, you can always add some lean ground beef or ground chicken if you do need some meat!

Free WW Meal Plan FRIDAY October 17th

B: [Brown Sugar Oat Coffee Cake](#) (5 points)

L: [Lemon Butter Spaghetti](#) (6 points)

D: Leftovers

Dessert: [Chocolate Chip Cookies](#) (3 points)

Total WW Points: 14

Notes: This coffee cake is unique because of its topping in particular. Rather than having a typical streusel topping, it has a mixture made of cinnamon, oats, brown sugar, and honey, which turns perfectly crispy and resembles granola.

Free WW Meal Plan SATURDAY October 18th

B: [Spinach Sun Dried Tomato Egg Muffin](#) (2 points)

L: [Chicken Caesar Pasta Salad](#) (3 points)

D: [Mexican Beef Stew](#) (5 points)

Dessert: Leftovers

Total WW Points: 10+

Notes: This Mexican Beef Stew is another must make! It's a hearty, slow-cooked dish with tender pieces of lean beef, red kidney beans, and a rich assortment of vegetables, all simmered slowly in a tomato-based sauce.

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

Grocery List

Proteins

- Lean ground beef
- Beef (chuck roast or top round)
- Boneless chicken breasts
- Bone-in chicken breasts
- Andouille sausage or smoked turkey sausage
- Lean turkey sausage
- Turkey ham (smoked, low-fat)
- Large shrimp
- Eggs
- Anchovy paste

Dairy & Refrigerated

- Plain nonfat Greek yogurt
- Part-skim ricotta cheese
- Fat-free cottage cheese
- Fat-free mozzarella cheese
- Low-fat cheddar cheese
- Parmesan cheese
- Feta cheese
- Skim milk or Fat-free milk
- Light butter substitute
- Fat-free cool whip

Fresh Produce

- Onions (white, medium, large)
- Bell peppers (red, green, yellow)
- Celery stalks
- Carrots
- Garlic cloves
- Granny Smith apples
- Limes
- Fresh lemon
- Tomatoes (regular, cherry tomatoes)
- Potatoes
- Sweet potatoes
- Cauliflower florets

- Mixed lettuce leaves
- Fresh spinach leaves
- Green beans
- Peas
- Mushrooms
- Cilantro
- Basil
- Parsley
- Rosemary

Pantry/Dry Goods

- All-purpose flour
- Self-rising flour
- Whole wheat flour
- Cornstarch
- Rolled oats and/or Quick oats
- Long-grain rice
- Wild rice
- Whole grain spaghetti
- Fusilli pasta
- Ladyfingers (biscuit or cake)
- Seasoned bread crumbs
- Croutons

Canned/Jarred Goods

- White beans
- Red kidney beans
- Black-eyed peas
- Black beans
- Chicken broth, Beef broth, Vegetable broth, and/or Seafood broth
- Marinara sauce (no sugar added, sugar-free)
- Tomato sauce
- Tomato paste
- Fire-roasted tomatoes with green chiles
- Sun-dried tomatoes
- Pumpkin puree
- Sweet potato puree
- Unsweetened applesauce

Oils & Condiments

- Olive oil
- Vegetable oil
- Ketchup
- BBQ sauce
- Soy sauce
- Worcestershire sauce
- Yellow mustard
- Red wine vinegar
- White vinegar
- Lime juice

Spices & Seasonings

- Cajun seasoning mix
- Smoked paprika
- Cayenne pepper
- Taco seasoning
- Italian seasoning
- Adobo All Purpose Spice
- Ground cumin
- Chili powder
- Chipotle peppers in adobo
- Garlic powder
- Ground cinnamon
- Ground cloves
- Ground nutmeg
- Dried ginger
- Dried oregano
- Ground allspice
- Pumpkin pie spice
- Bay leaves
- Salt
- Black pepper
- Red pepper flakes

Sweeteners & Extracts

- Granulated sugar
- Brown sugar
- Brown sugar substitute
- Stevia, Splenda, Zero-calorie sweetener, or Monk fruit with erythritol
- Pure maple syrup
- Organic honey

- Vanilla extract

Baking Supplies

- Baking powder
- Baking soda
- Cream of tartar
- Unsweetened cocoa powder
- Dark baking chocolate chips (sugar-free)
- Mini chocolate chips
- Sugar-free Jello vanilla pudding
- Sugar-free cheesecake jello powder

Beverages

- Espresso or strong coffee
- Unsweetened plain almond milk

Tortillas & Wraps

- Low-point burrito-sized tortillas