

WW Meal Plan SUNDAY October 5th

B: [Sweet Potato Sausage Breakfast Casserole](#) (2 points)

L: [Chicken Parmesan Pie](#) (7 points)

D: [Doritos Casserole](#) (5 points)

Dessert: [Carrot Cake Donuts](#) (3 points)

Total WW Points: 17

Notes: One of my favorite fall Sunday morning dishes is this sweet potato sausage breakfast casserole. It's hearty, satisfying and brings in all the seasonal flavors.

Free WW Meal Plan MONDAY October 19th

B: [Apple Cinnamon Muffins](#) (2 points)

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

D: Leftovers

Dessert: [Double Chocolate Banana Pudding Loaf](#) (3 points)

Total WW Points: 9+

Notes: If you love the taste of pizza but need low carbs and high protein, why not have a chicken breast stuffed with pizza toppings? It's perfect and filling.

Free WW Meal Plan TUESDAY October 20th

B: [Cinnamon Roll Overnight Oats](#) (8 points)

L: [Buffalo Chicken Baked Potato](#) (4 points)

D: [Pizza Casserole](#) (6 points)

Dessert: [Sticky Buns](#) (5 points)

Total WW Points: 23

Notes: Buffalo Chicken Baked Potato is delicious and filling, and the type of lunch you need if you're meal prepping your work lunches for the week. It's not super smelly when reheating – so your co-workers won't hate you for your healthy meals.

Free WW Meal Plan WEDNESDAY October 21st

B: [Pumpkin Cream Cheese Muffins](#) (3 points)

L: [Instant Pot Honey Mustard Chicken](#) (2 points)

D: [Ground Turkey Shepherd's Pie](#) (4 points)

Dessert: [Black Forest Cake](#) (5 points)

Total WW Points: 14

Notes: I love Shepherd's pie in the fall and winter - it's such a comforting meal. This one is made with ground turkey to keep it low in points.

Free WW Meal Plan THURSDAY October 22nd

B: Leftovers

L: [Philly Cheesesteak Sliders](#) (3 points)

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

Dessert: [Zucchini Cannelloni](#) (6 points)

Total WW Points: 13+

Notes: Flat out (unfortunately) doesn't make wraps anymore but you can still make the Philly cheesesteak sliders with your favorite low carb wraps.

Free WW Meal Plan FRIDAY October 23rd

B: [Pumpkin Spice Granola](#) (2 points) + Nonfat Greek Yogurt (0 points)

L: [Buffalo Chicken Quesadillas](#) (8 points)

D: [Miso Salmon](#) (2 points)

Dessert: Leftovers

Total WW Points: 12+

Notes: Keep this pumpkin spice granola recipe in your back pocket because you can use it all year round. In the spring, just switch out the pumpkin spice for vanilla and cinnamon and you've got regular granola!

Free WW Meal Plan SATURDAY October 24th

B: [Healthy Hashbrown Casserole](#) (5 points)

L: Leftovers

D: [Bacon Cheeseburger Pasta Bake](#) (8 points)

Dessert: [Apple Crumble](#) (3 points)

Total WW Points: 16+

Notes: If you're ending your week with a bacon cheeseburger pasta bake, you're doing it right! It's really simple to put together and with only 8 points per serving, you'll stay within your health goals.

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

Grocery List

Proteins

- Salmon fillets
- 98% lean ground turkey

- 96% lean ground pork
- Extra lean ground beef
- Boneless skinless chicken breasts
- Sirloin strips
- Center cut bacon
- Turkey Italian sausage
- Light smoked turkey sausages
- Pepperoni slices
- Pork pepperoni
- Eggs
- Liquid egg whites

Dairy & Refrigerated

- Light cream cheese
- Skim milk
- Nonfat plain Greek yogurt
- Reduced fat shredded cheese
- Light mozzarella cheese
- Light provolone cheese
- Swiss cheese
- Light butter
- Fat-free whipped topping
- Unsweetened almond milk
- Coconut milk
- Light orange juice

Fresh Produce

- Carrots
- Ripe bananas
- Large apples
- Sweet potatoes
- Russet potatoes
- Small-medium potato
- Onions
- Red onion
- Green onions
- Red bell peppers
- Green bell pepper
- Garlic cloves
- Large zucchinis
- Swiss chard

- Basil leaves

Frozen Items

- Cherries
- Hash browns
- Peas and carrots

Pantry/Dry Goods

- All-purpose flour
- Oat flour
- White cake mix
- Rolled oats, Quick oats
- High fiber pasta
- Dry cellentani pasta
- Panko crumbs
- Bread crumbs
- Chia seeds
- Chopped nuts
- Chopped pecans
- Pumpkin seeds
- Raisins

Canned/Jarred Goods

- No sugar added chocolate pudding snack cups
- Pumpkin puree
- Unsweetened applesauce
- No-sugar-added cherry pie filling
- Sweet dark cherries
- Diced tomatoes
- Low sodium marinara sauce
- Pasta sauce
- Pizza sauce
- Chicken broth
- Sliced black olives

Oils & Condiments

- Olive oil
- Sesame oil

- Coconut oil
- Miso paste
- Soy sauce
- Mirin
- Rice vinegar
- Light ranch dressing
- Mustard
- Ketchup
- Franks hot sauce
- Honey
- Worcestershire sauce

Spices & Seasonings

- Vanilla extract
- Ground cinnamon
- Pumpkin pie spice
- Italian seasoning
- Pizza seasoning
- Sage
- Oregano
- Dried thyme
- Garlic powder
- Garlic salt
- Salt
- Black pepper
- Dry ranch seasoning

Sweeteners

- Sugar
- Brown sugar
- Icing sugar (confectionery sugar)
- Brown sugar replacement
- Zero-calorie sweetener, Stevia, Splenda
- Sugar-free maple syrup
- Monk fruit sweetener

Baking Supplies

- Baking powder
- Baking soda

- Unsweetened cocoa powder
- Cornstarch
- Sugar-free jello pudding mix (vanilla)

Bread & Wraps

- Large tortillas
- Low carb wraps
- Reduced-fat crescent rolls