

Free Weight Watchers Meal Plan SUNDAY October 26th

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

L: [Monte Cristo Sandwich](#) (7 points)

D: [Chicken Fajita Pasta Bake](#) (2 points)

Dessert: [Peanut Butter Apple Strudel](#) (3 points)

Total WW Points: 19

Notes: Want to spruce up apple strudel? Add peanut butter! It's amazing and perfect for a fall dessert.

Free Weight Watchers Meal Plan MONDAY October 27th

B: [Banana Cinnamon French Toast](#) (5 points)

L: [Spinach Artichoke Pasta Bake](#) (7 points)

D: [Sausage Scalloped Potatoes](#) (8 points)

Dessert: [Caramel Pretzel Pie](#) (6 points)

Total WW Points: 26

Notes: This is a higher point day than normal for these meal plans but all of this flavor is worth it if it fits within your daily allotment! If now, swap some of the recipes out for another day to lower the points.

Free Weight Watchers Meal Plan TUESDAY October 28th

B: [Banana Oatmeal Chocolate Chip Pancakes](#) (5 points)

L: [Pizza Meatloaf](#) (5 points)

D: [Spinach Artichoke Bacon Chicken](#) (8 points)

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

Total WW Points: 21

Notes: Spinach Artichoke Bacon Chicken is a great way to spruce up any bland chicken breast. It brings together the delicious spinach artichoke dip that is beloved as well as crispy bacon!

Free Weight Watchers Meal Plan WEDNESDAY October 29th

B: [Biscuits N Gravy Bake](#) (7 points)

L: [Chicken Pot Pie Bubble Up](#) (5 points)

D: [Pork Tenderloin with apples](#) (4 points)

Dessert: Leftovers

Total WW Points: 16+

Notes: The apples and cinnamon pair perfectly with pork loin to make this dish amazing for a fall weeknight dinner. Add roasted potatoes or rice and you've got a comforting meal without much prep.

Free Weight Watchers Meal Plan THURSDAY October 30th

B: Leftovers

L: [Creamy Potato Cheese Soup](#) (3 points)

D: [Buffalo Chicken Lasagna](#) (6 points)

Dessert: [S'mores Pizza Roll Ups](#) (3 points)

Total WW Points: 12+

Notes: Since the creamy potato cheese soup is a crockpot meal (takes 6 hours) you can make it two ways. Make it the day before, and allow the flavors to meld together overnight in the fridge, which is a great option. Or cook it in a pot on the stove instead of the crockpot, and you can have it done in about 30 minutes.

Free Weight Watchers Meal Plan FRIDAY October 31st

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

L: Leftovers

D: [Turkey Stuffed Sweet Potatoes](#) (2 points)

Dessert: Candy!

Total WW Points: 4+

Notes: Happy Halloween! Enjoy the night with your favorite few pieces of candy because we've kept points low today. Don't forget to pre-track your candy in your WW app so you stay in line with your health goals.

Free Weight Watchers Meal Plan SATURDAY November 1st

B: [Hash Brown Egg Bake](#) (6 points)

L: [Philly Cheesesteak Bubble Up](#) (8 points)

D: Leftovers

Dessert: [Pumpkin Spice Cheesecake](#) (9 points)

Total WW Points: 23+

Notes: If you were up late last night for Trick or Treating, you need something hearty for breakfast, and this hash brown egg bake is it.

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

Grocery List

Proteins

- Extra lean ground beef
- Pork tenderloin
- Boneless skinless chicken breast
- Cooked shredded steak (top sirloin)
- Chicken sausages
- Turkey breakfast sausage
- Center cut bacon
- Deli ham
- Eggs
- Liquid egg whites
- Egg substitute (Egg Beaters)

Dairy & Refrigerated

- Fat free cream cheese
- Light ricotta cheese
- Fat free cool whip
- Skim milk
- Almond milk (unsweetened)
- Fat free sour cream
- Light shredded cheese
- Reduced fat shredded mozzarella
- Reduced fat shredded cheddar cheese
- Shredded asiago cheese
- Reduced fat margarine

Fresh Produce

- Medium sweet potatoes
- Medium potatoes
- Russet potatoes
- Small white onion
- Red onion
- Garlic cloves
- Red bell peppers
- Green bell pepper
- Fresh spinach
- Chopped fresh spinach

- Fresh broccoli
- Carrots
- Large banana
- Apples (Gala, Macintosh, any variety)
- Diced apple
- Lemon (for juice)

Frozen Items

- Hash browns

Pantry/Dry Goods

- All-purpose flour
- Oats
- High fiber pasta
- Penne pasta
- Whole wheat high fiber lasagna noodles
- Graham crumbs
- Panko bread crumbs
- Low calorie bread (Sara Lee)
- Pretzels (Ring Gold twist)

Canned/Jarred Goods

- Pure canned pumpkin
- Tomato paste
- Vegetable broth
- Chicken broth
- Reduced fat pasta sauce
- Pizza sauce
- Salsa
- Franks hot sauce
- Light ranch dressing
- Reduced calorie mayo
- Artichoke hearts
- Low fat cream of chicken soup

Oils & Condiments

- Olive oil
- Vegetable oil

- Light peanut butter (Kraft light)

Spices & Seasonings

- Vanilla extract
- Ground cinnamon
- Pumpkin pie spice
- Ground cumin
- Paprika
- Italian seasoning
- Fajita seasoning
- Dried oregano
- Dried parsley
- Salt
- Black pepper

Sweeteners

- Brown sugar
- White sugar
- Sugar

Baking Supplies

- Baking powder
- Mini chocolate chips
- Mini white chocolate chips

Bakery/Bread Items

- Pre-made graham crust
- Pillsbury biscuits (7.5 oz packages)
- Pillsbury pizza dough
- Low carb wraps

Specialty Items

- Special K brownie bites (or Fiber 1 brownie)
- Marshmallow fluff
- Graham crackers
- Chopped pecans

- Chopped walnuts
- Country gravy mix (McCormick or Pioneer Brand)
- Smuckers caramel sauce
- Pepperoni slices