

Free WW Meal Plan SUNDAY December 14th

B: [Chilaquiles Rojos](#) (5 points)

L: [Cream of Mushroom Soup](#) (2 points)

D: [Tomato Tortellini Soup](#) (3 points)

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

Total WW Points: 15

Notes: This brownie mug cake is a favorite because if you need a sweet treat at any point this week, it's the recipe you should go to. It just takes a few minutes!

Free WW Meal Plan MONDAY December 15th

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

L: [Everything Bagel Chicken Tenders](#) (3 points)

D: [Shake n Bake Pork Chops](#) (5 points)

Dessert: [Mini Gingerbread Cupcakes](#) (2 points)

Total WW Points: 11

Notes: These everything bagel chicken tenders are a great meal prep option. So I suggest making a double batch and using it throughout the week rather than making a new lunch every day.

Free WW Meal Plan TUESDAY December 16th

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

L: [Turkey Sausage Pasta](#) (4 points)

D: [Orange Glazed Pork Loin](#) (5 points)

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

Total WW Points: 15

Notes: This mud cake is very decadent, but low in points! It's perfect for entertaining with, so if you have a Christmas party to go to, this is a great one to take with you.

Free WW Meal Plan WEDNESDAY December 17th

B: [Eggs Benedict](#) (3 points)

L: [Spinach and Artichoke Grilled Cheese](#) (8 points)

D: [Vegan Black Bean Chili](#) (0 points)

Dessert: [Sauteed Apples](#) (2 points)

Total WW Points: 13

Notes: For the eggs benedict, just use any low point bread or low carb wrap since Flat Out doesn't make fold its anymore.

Free WW Meal Plan THURSDAY December 18th

B: [Breakfast Pizza Casserole](#) (5 points)

L: [Manchow Soup](#) (2 points)

D: [Cheesy Gnocchi Casserole](#) (5 points)

Dessert: [Apple Cider Donuts](#) (3 points)

Total WW Points: 15

Notes: These apple cider donuts would be a hit at a party as well!

Free WW Meal Plan FRIDAY December 19th

B: [Air Fryer Cinnamon Roll Bites](#) (7 points)

L: [Chicken Pumpkin Curry](#) (3 points)

D: [Brunswick Stew](#) (2 points)

Dessert: [Vegan Creme Brulee](#) (8 points)

Total WW Points: 20

Notes: If you have any vegan or vegetarian family members coming for the holidays, save this vegan creme brulee recipe for them. It's fantastic.

Free WW Meal Plan SATURDAY December 20th

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

L: [Tom Yum Soup](#) (0 points)

D: [Tuscan Chicken Meatballs and Gnocchi Soup](#) (6 points)

Dessert: [Apple Crisp Pizza](#) (3 points)

Total WW Points: 16

Notes: This chicken meatball and gnocchi soup will easily become a winter favorite - it's hearty *and* healthy!

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

Grocery List

Produce

- Apples (to grate and slice)
- Garlic cloves
- Fresh ginger
- Onions (yellow and red)
- Leeks
- Celery
- Mixed peppers

- Tomatoes
- Cherry/grape tomatoes
- Baby spinach
- Red cabbage
- Green beans
- Pumpkin (cubed)
- Radishes
- Jalapeños
- Limes
- Lemon
- Fresh cilantro
- Fresh parsley
- Thyme
- White mushrooms (sliced)
- Green onions/scallions
- Lima beans
- Corn kernels (fresh or frozen)
- Lemongrass stalks
- Galangal
- Kaffir lime leaves
- Thai bird's eye chilies

Meat & Seafood

- Boneless skinless chicken breasts
- Ground chicken breast
- Pulled pork
- Boneless pork chops
- Turkey sausages
- Canadian bacon
- Pepperoni
- Shrimp (peeled and deveined)

Dairy & Eggs

- Eggs
- Egg whites (liquid/carton)
- Milk (can use skim, 1%, or unsweetened almond milk)
- Buttermilk
- Fat-free half and half
- Nonfat plain Greek yogurt
- Fat-free sour cream
- Light cream cheese

- Light butter substitute
- Fat-free shredded mozzarella
- Low-fat shredded cheddar
- Parmesan cheese (grated/shredded)
- Shredded asiago cheese
- Queso fresco

Bakery & Bread

- Low-calorie/low-point white bread (Weight Watchers or similar)
- Low carb wraps
- Buttermilk biscuits (Great Value or similar 7.5 oz packs)
- Pillsbury pizza dough
- Pillsbury cinnamon rolls with icing
- Light corn tortillas

Canned & Jarred Goods

- Condensed light tomato soup
- Tomato paste
- Crushed tomatoes
- Fire-roasted tomatoes with green chiles
- Tomato sauce
- Fat-free marinara sauce
- Chicken broth
- Vegetable broth
- Red salsa
- Sugar-free BBQ sauce
- Fish sauce
- Soy sauce
- Oyster sauce
- Worcestershire sauce
- Light mayonnaise
- Dijon mustard
- Black beans (low-sodium)
- Artichoke hearts
- Coconut milk (full-fat)
- Chipotle peppers in adobo
- Sun-dried tomatoes
- Sugar-free caramel sauce
- Oil (Olive, vegetable, sesame, canola)
- Apple cider vinegar

Pasta & Grains

- Cheese tortellini
- Penne pasta
- Potato gnocchi (not frozen)
- Rice noodles
- Oat flour
- Oats

Baking & Spices

- All-purpose flour
- Panko bread crumbs
- Breadcrumbs
- ginger snap cookies (to crush)
- Cornstarch
- Baking powder
- Baking soda
- White sugar
- Brown sugar
- Low-calorie sweetener/monk fruit sweetener
- Powdered sugar/confectioners sugar/icing sugar
- Molasses
- Honey
- Vanilla extract
- Ground cinnamon
- Ground ginger
- Allspice
- Ground cloves
- Dried oregano
- Italian seasoning
- Smoked paprika
- Paprika
- Cayenne pepper
- Black pepper
- Onion powder
- Garlic powder
- Thyme
- Dried rosemary
- Dried ground sage
- Cajun seasoning
- Chili powder
- Cumin

- Pumpkin spice
- Everything but the bagel seasoning
- Salt
- Vanilla pod
- Red curry paste
- Mini chocolate chips (optional)

Specialty Items

- Unsweetened applesauce
- Pure pumpkin
- Kodiak cakes buttermilk protein packed mix
- Country gravy mix (McCormick or Pioneer brand)
- Cashews (for garnish)
- Unsweetened cocoa powder
- Hot brewed coffee