

Free Weight Watchers December Meal Plan

Free Weight Watchers Meal Plan SUNDAY December 21st

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

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

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

Dessert: [Red Wine Poached Pears](#) (2 points)

Total WW Points: 14

Notes: Having a large pot of meat prepped for the week (like this slow cooker brisket) is the one thing I highly recommend. You're going to need some delicious protein to help fill in nutritional gaps this week.

Free Weight Watchers Meal Plan MONDAY December 22nd

B: [Southwest Frittata](#) (1 point)

L: [Chicken Alfredo Wraps](#) (4 points)

D: [Stove Top Stuffing Chicken Casserole](#) (4 points)

Dessert: [Gingerbread Christmas Tree Cookies](#) (5 points)

Total WW Points: 14

Notes: These gingerbread Christmas tree cookies are a great way to bring the kids into the kitchen, and they also won't use up all of your Weight Watchers points.

Free Weight Watchers Meal Plan TUESDAY December 23rd

B: [WW Sticky Buns](#) (5 points)

L: [Chicken Parmesan Croissant Loaf](#) (5 points)

D: [Jiffy Corn Casserole](#) (7 points) + Rotisserie Chicken or your favorite crockpot meat

Dessert: [Red Velvet Bars](#) (1 point)

Total WW Points: 18

Notes: Chicken parmesan croissant loaf is something I'd also keep on hand for this week, especially if you're having guests. It's a great "grazing" option.

Free Weight Watchers Meal Plan WEDNESDAY December 24th

B: [Strawberry Puff Pastry Christmas Tree](#) (6 points)

L: [Monte Cristo Sandwich](#) (5 points)

D: [Chicken Rollatini](#) (1 point)

Dessert: [Peppermint Pie](#) (6 points)

Total WW Points: 18

Notes: Most Christmas Eve dinners are elaborate (and very high in Weight Watchers points). By making this chicken rollatini, you can still have a fancy dinner, but on your own terms! Serve

you're favorite bakery's dinner bread and some roasted root vegetables and you've got a great holiday meal.

Free Weight Watchers Meal Plan THURSDAY December 25th

Merry Christmas!! Enjoy your day!

Free Weight Watchers Meal Plan FRIDAY December 26th

B: [Everything Bagel Breakfast Casserole](#) (5 points)

L: Leftovers!

D: [Loaded Baked Potato Soup](#) (6 points)

Dessert: Leftovers!

Total WW Points: 11+

Notes: I'm sure you have plenty of holiday treats leftover, so today, work them into your meals (but calculate the points via the app!)

Free Weight Watchers Meal Plan SATURDAY December 27th

B: [Sweet and Crunchy French Toast Sticks](#) (6 points)

L: [Cranberry Apple Pear Stuffing](#) (4-5 points) + leftover meat like rotisserie chicken or slow cooker brisket

D: [Chicken Pot Pie](#) (8 points)

Dessert: [Peanut Butter Oatmeal Bars](#) (4 points)

Total WW Points:

Notes: This day will likely consist of leftovers as well, but here are still some great holiday themed options if you need something new.

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

Grocery List

Produce

- Russet potatoes
- Garlic cloves
- Green onions
- Onions (yellow and red)
- Celery
- Green bell peppers
- Apples

- Pears
- Limes
- Fresh basil
- Fresh cilantro
- Frozen mixed vegetables
- Frozen corn

Meat & Seafood

- Boneless skinless chicken breasts
- Rotisserie chicken
- Lean brisket
- Smoked turkey ham
- Andouille or smoked turkey sausage
- Deli ham
- Center cut bacon

Dairy & Eggs

- Eggs
- Egg whites (liquid)
- Milk (can use skim, 1%, 2%, or unsweetened cashew/almond milk)
- Plain nonfat Greek yogurt
- Fat-free sour cream
- Reduced-fat cream cheese
- Laughing Cow herb and garlic cheese wedges
- Reduced-fat shredded mozzarella
- Low-fat shredded cheddar
- Parmesan cheese
- Shredded asiago cheese
- Light butter substitute
- Unsalted butter
- Reduced-calorie margarine
- Fat-free whipped topping

Bakery & Bread

- Weight Watchers white bread (or low-calorie bread)
- Low carb wraps
- Puff pastry sheets
- Refrigerated premade pie crust

Canned & Jarred Goods

- Low-fat cream of chicken soup
- Chicken broth
- Vegetable broth
- Creamed corn
- White beans
- Red kidney beans
- Diced tomatoes (Rotel)
- Ketchup
- Mustard
- Apple cider vinegar
- Distilled white vinegar
- Worcestershire sauce
- Frank's hot sauce
- No-sugar-added strawberry preserves
- Dark molasses
- No-sugar-added marinara sauce
- Reduced-fat tomato pasta sauce
- Light alfredo sauce
- Light ranch dressing
- BBQ sauce

Baking & Spices

- All-purpose flour
- Self-rising flour
- Cornstarch
- Cocoa powder
- Baking powder
- Baking soda
- Brown sugar
- Brown sugar replacement
- Granulated sugar
- Zero-calorie granulated sugar substitute
- Powdered sugar
- Powdered zero-calorie sweetener
- Honey
- Vanilla extract
- Peppermint extract
- Ground cinnamon
- Ground ginger
- Allspice

- Ground cloves
- Dried oregano
- Ground thyme
- Garlic powder
- Onion powder
- Mustard powder
- Cumin
- Paprika
- Smoked paprika
- Cajun seasoning
- Chili powder
- Cayenne pepper
- Black peppercorns
- Salt and pepper
- Sage
- Rosemary
- Italian seasoning
- Everything but the bagel seasoning
- Nutmeg
- Cinnamon stick
- Allspice berries
- Cloves
- Unflavored gelatin
- Red food coloring
- Green food coloring
- Colored sprinkles

Grains & Cereals

- Quick oats/oats
- Frosted Flakes cereal

Snacks & Misc

- Zero-sugar chocolate cookies (Voortman)
- Peanut butter
- Unsweetened applesauce
- Dried cranberries
- Pecans (chopped and whole)
- Walnuts
- Red wine
- Canola oil
- Olive oil

- Wooden toothpicks

Packaged Mixes

- Sugar-free white chocolate pudding mix (or vanilla)
- Chicken Stove Top stuffing mix
- Cornbread Stove Top stuffing
- Jiffy Corn Muffin Mix
- Pillsbury reduced-fat crescent rolls