

WW Meal Plan SUNDAY December 7th

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

L: [Perfect Carne Asada](#) (7 points)

D: [Pork Bulgogi](#) (4 points)

Dessert: [Candy Cane Fruit Dip](#) (2 points)

Total WW Points: 18

Notes: The carne asada is a fantastic recipe to meal prep protein for the week, so you could make a large batch and use it in salads and wraps all week, rather than making a new lunch meal every day.

WW Meal Plan MONDAY December 8th

B: [Classic Shakshuka](#) (0 points)

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

D: [Turkey Pumpkin Soup](#) (0 points)

Dessert: [Pumpkin Cream Cheese Roll Ups](#) (6 points)

Total WW Points: 8

Notes: Flat out no longer makes wraps, so just use any popular brand of low carb wraps.

WW Meal Plan TUESDAY December 9th

B: [Stuffed French Toast](#) (6 points)

L: [Calzones](#) (4 points)

D: [One Pot Chicken Creole](#) (0 points)

Dessert: [Pecan Thumbprint Cookies](#) (3 points)

Total WW Points: 13

Notes: Yes, the one pot chicken creole is zero points! So if you have room for a hefty meal, I suggest adding roasted root veggies or steamed rice.

WW Meal Plan WEDNESDAY December 10th

B: [Maple Walnut Muffins](#) (3 points)

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

D: Leftovers

Dessert: [Christmas Yogurt Shortbread](#) (2 points)

Total WW Points: 11+

Notes: I highly suggest making an extra batch of these maple walnut muffins and using them in your gift bags this holiday season. Gift to a neighbor or the in-laws - they'll love them!

WW Meal Plan THURSDAY December 11th

B: [Pork Egg Cups](#) (1 point)

L: [Egg Roll Soup](#) (3 points)

D: [Slow Cooker Chicken Pumpkin Curry](#) (3 points)

Dessert: Leftovers

Total WW Points: 7+

Notes: Use bone broth instead of regular beef broth in the egg roll soup and you'll turn it into a delicious, high protein meal.

WW Meal Plan FRIDAY December 12th

B: [Crescent Roll Casserole with Spinach and Cheese](#) (4 points)

L: Leftovers

D: [Sweet Potato Black Bean Enchiladas](#) (4 points)

Dessert: [White Chocolate Candy Cane Loaf](#) (5 points)

Total WW Points: 13+

Notes: This sweet potato black bean enchilada casserole is a dream in the winter. It's hearty and very satisfying but healthy at the same time. Full of nutrients and fiber!

WW Meal Plan SATURDAY December 13th

B: Leftovers

L: [Egg Salad](#) (0 points)

D: [Mexican Street Corn Soup](#) (6 points)

Dessert: [Swiss Roll](#) (5 points)

Total WW Points: 11+

Notes: I love this egg salad on a low carb wrap. You need low carb wraps for another recipe this week, so feel free to save on ingredients and use some for this to!

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

Grocery List

Dairy & Eggs

- Eggs
- Skim/fat-free milk
- Greek yogurt (plain, nonfat)
- Vanilla yogurt
- Light butter
- Fat-free cream cheese

- Fat-free Cool Whip
- Fat-free cheddar cheese
- Fat-free mozzarella cheese
- Cotija cheese
- Reduced fat cheddar cheese
- Coconut milk
- Unsweetened plain almond milk
- Liquid egg whites

Meat & Protein

- Chicken breasts
- Ground turkey breast
- Lean ground beef (97% lean)
- Ground pork (96% lean)
- Top round steak
- Diced ham

Produce

- Sweet potatoes
- Onions (yellow, white, red)
- Green onions/scallions
- Bell peppers (red, green)
- Green chilis
- Garlic
- Ginger
- Celery
- Carrots
- Cabbage
- Spinach
- Corn (fresh ears)
- Cherry tomatoes
- Lemons
- Limes
- Fresh parsley
- Fresh basil
- Cilantro
- Pumpkin (fresh)
- Pear
- Strawberries
- Avocado (optional)

Canned & Jarred Goods

- Pumpkin puree
- Unsweetened applesauce
- Diced tomatoes
- Crushed tomatoes
- Tomato sauce
- Tomato paste
- Black beans
- White beans
- Chicken broth
- Beef broth
- Vegetable broth
- Enchilada sauce (red, mild)
- Marinara sauce

Grains & Bread

- All-purpose flour
- Self-rising flour
- Whole grain spaghetti
- Low-point bread
- Reduced-fat crescent rolls
- Low carb wraps
- Yellow corn tortillas

Baking & Spices

- Granulated sugar
- Brown sugar
- Powdered sugar
- Zero-calorie sweetener
- Baking powder
- Baking soda
- Unsweetened cocoa powder
- Vanilla extract
- Maple extract
- Peppermint extract
- Salt
- Black pepper
- Red pepper flakes
- Cinnamon
- Nutmeg

- Pumpkin pie spice
- Italian seasoning
- Dried oregano
- Dried thyme
- Onion powder
- Garlic powder
- Ground cumin
- Smoked paprika
- Red chili flakes
- Taco seasoning
- Ginger (ground)
- Sugar-free Jello pudding mix (white chocolate or vanilla)
- Bay leaves
- Cornstarch
- Sesame seeds

Condiments & Sauces

- Olive oil
- Dijon mustard
- Honey
- Soy sauce
- Oyster sauce
- Sesame oil
- Red curry paste

Frozen Foods

- Frozen diced potatoes with peppers and onions

Nuts & Add-ins

- Pecans
- Walnuts
- Cashews
- White chocolate chips
- Candy sprinkles
- Peppermint mini marshmallows
- Candy canes