

Free Weight Watchers Meal Plan SUNDAY November 23rd

B: [Banana Omelette](#) (1 point)

L: [Crispy Shredded Chinese Chicken](#) (0 points)

D: [Green Bean Casserole](#) (2 points) + Rotisserie Chicken

Dessert: [Mini Pumpkin Cheesecakes](#) (2 points)

Total WW Points: 5

Notes: Freeze these mini pumpkin cheesecakes, and they'd make a great Thanksgiving day dessert!

Free Weight Watchers Meal Plan MONDAY November 24th

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

L: [Chicken Dumpling Soup](#) (4 points)

D: [Chicken and Apple Stuffing Casserole](#) (7 points)

Dessert: [Slow Cooker Coffee Cake](#) (4 points)

Total WW Points: 17

Notes: This chicken dumpling soup is not chicken and dumplings, it's Chinese dumplings and it's delicious! I love the light broth that pairs perfectly with it.

Free Weight Watchers Meal Plan TUESDAY November 25th

B: [Creamy Porridge](#) (1 point)

L: [Mediterranean Crescent Ring](#) (5 points)

D: [Turkey Pot Pie](#) (4 points)

Dessert: [Black Bean Brownies](#) (2 points)

Total WW Points: 12

Notes: If you don't want turkey just yet, you can use chicken instead of turkey for this pot pie.

Free Weight Watchers Meal Plan WEDNESDAY November 26th

B: [Turkish Eggs](#) (1 point)

L: [Chicken Curry](#) (0 points)

D: [Healthy General Tso's Chicken](#) (1 point)

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

Total WW Points: 11

Notes: If you haven't had Turkish eggs, you need to try them! They're delicious and very high in protein.

Free Weight Watchers Meal Plan THURSDAY November 27th

Happy Thanksgiving! Enjoy the day. And if you don't celebrate, it's a great day to use up any leftovers you have.

Free Weight Watchers Meal Plan FRIDAY November 28th

B: [Pumpkin Pancakes](#) (2 points)

L: [Turkey Cranberry Pinwheels](#) (2 points)

D: [Cornbread Stuffing](#) (3 points) + Leftover Thanksgiving Turkey

Dessert: [Thanksgiving Cake](#) (5 points)

Total WW Points: 12

Notes: You can enjoy Thanksgiving for a whole other day, but in different ways with these renditions of Thanksgiving meals. I also think lunch the day after Thanksgiving should be light and these turkey cranberry pinwheels are amazing!

Free Weight Watchers Meal Plan SATURDAY November 29th

B: [Healthy Hash Brown Casserole](#) (5 points)

L: [Light Asian Chicken Soup](#) (4 points)

D: [Leftover Turkey Casserole](#) (6 points)

Dessert: [Pumpkin Pecan Pinwheels](#) (2 points)

Total WW Points: 17

Notes: Leftover turkey casserole is perfect if you've got a lot of meat leftover!

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

Grocery List

Proteins & Dairy

- Chicken breasts (boneless, skinless)
- Cooked turkey (cubed and diced)
- Deli turkey slices (lean)
- Light smoked turkey sausages
- Fat-free ground turkey
- Center cut bacon
- Eggs
- Egg whites (liquid)
- Skim milk
- Almond milk

- Nonfat plain Greek yogurt
- Light cream cheese
- Fat-free cool whip
- Light brie cheese
- Reduced-fat crumbled feta cheese
- Reduced-fat shredded mozzarella cheese
- Grated parmesan cheese
- Reduced-fat shredded cheese blend
- Swiss chard
- Light butter

Produce

- Granny Smith apples
- Bananas
- Blueberries
- Lemons
- Onions
- Shallots
- Green onions (scallions)
- Celery
- Carrots
- Green bell peppers
- Mushrooms
- Fresh green beans
- Garlic
- Ginger root
- Fresh spinach
- Bok choy
- Fresh thyme
- Sage, fresh
- Fresh parsley
- Basil, fresh
- Fresh oregano
- Grape tomatoes
- Sweet potatoes
- Fresh cranberries

Pantry Staples

- All-purpose flour
- Whole wheat flour
- Yellow cornmeal

- Buckwheat groats
- Baking powder
- Baking soda
- Table salt
- Black pepper
- White pepper
- Ground cinnamon
- Ground nutmeg
- Ginger, ground
- Sage, ground
- Crushed rosemary
- Cardamom
- Turmeric
- Curry powder
- Cumin
- Chili powder
- Cayenne pepper
- Sweet paprika
- Smoked paprika
- Red pepper flakes
- Dried parsley
- Italian seasoning (Bell's turkey seasoning)
- Oregano
- Vanilla extract
- Olive oil
- Vegetable oil
- Low-sodium soy sauce
- Hoisin sauce
- Rice vinegar
- Apple cider vinegar
- Tomato paste
- Granulated sugar
- Brown sugar
- Granulated sweetener (1:1 sugar replacement) or stevia or splenda
- Honey
- Maple syrup
- Coconut sugar (optional)
- Unsweetened applesauce
- Unsweetened cocoa powder
- Cocoa powder

Canned & Packaged Goods

- Low-fat cream of mushroom soup

- Low-sodium chicken broth
- Turkey broth
- Vegetable stock
- Cream-style corn
- Black beans
- Artichoke hearts
- Sliced water chestnuts
- Kalamata olives
- Canned turkey gravy
- Chicken gravy
- Pre-made graham crust
- Graham crumbs
- Whole wheat breadcrumbs
- Ramen noodles
- Chicken stuffing mix
- Whole wheat French bread
- Low-calorie multigrain bread

Frozen & Refrigerated

- Frozen hash browns
- French-style green beans
- Frozen mixed vegetables
- Frozen dumplings
- Reduced-fat crescent rolls
- Biscuits (7.5 oz packet)

Baking & Desserts

- Pure pumpkin puree
- Pumpkin pie spice
- Raisins
- No-sugar-added dried cranberries
- Chopped walnuts
- Chopped pecans
- Pine nuts
- Chocolate chips
- Whipped cream
- Pumpkin seeds
- Cooking spray

