

Weight Watchers Meal Plan SUNDAY November 30th

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

L: [Chicken Broccoli Rice Casserole](#) (4 points)

D: [Cuban Black Bean Soup](#) (1 point)

Dessert: [Dutch Apple Pie](#) (3 points)

Total WW Points: 13

Notes: Don't forget to go ahead and make your apple overnight oats for tomorrow morning!

Weight Watchers Meal Plan MONDAY December 1st

B: [Apple Overnight Oats](#) (3 points)

L: [Tuna Casserole](#) (1 point)

D: [London Broil](#) (8 points)

Dessert: [Carrot Cake](#) (4 points)

Total WW Points: 16

Notes: You may not think a London broil is for a Monday night dinner, but this one is easy to make and budget friendly, so why not!

Weight Watchers Meal Plan TUESDAY December 2nd

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

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

D: [Sweet Potato Corn Chowder](#) (1 point)

Dessert: [Snickerdoodle Bars](#) (5 points)

Total WW Points: 13

Notes: I love this sweet potato corn chowder. It's different from the typical "taco soup" or chili that everyone makes during the winter, and it's hearty.

Weight Watchers Meal Plan WEDNESDAY December 3rd

B: Leftovers

L: [Creamy Chicken Noodle Soup](#) (4 points)

D: [Garlic Parmesan Chicken](#) (9 points)

Dessert: [Apple Crisp](#) (2 points)

Total WW Points: 15+

Notes: Apple Crisp is a must make in December. It's warm and delectable.

Weight Watchers Meal Plan THURSDAY December 4th

B: [Caramel Apple French Toast Muffins](#) (3 points)

L: Leftovers

D: [Shepherd's Pie Soup](#) (1 point)

Dessert: [Peppermint Bark](#) (5 points)

Total WW Points: 9+

Notes: Since we already have apples for the apple crisp, why not use some for muffins too.

These French toast muffins are a perfect way to spruce up a Thursday morning!

Weight Watchers Meal Plan FRIDAY December 5th

B: [Sausage Biscuit Casserole](#) (6 points)

L: [Tortellini Salad](#) (3 points)

D: Leftovers

Dessert: [Snowball Cookies](#) (3 points)

Total WW Points: 12+

Notes: Tortellini Salad is such a good combination of a lighter meal but not too light. It's a salad that will definitely keep you full throughout the afternoon.

Weight Watchers Meal Plan SATURDAY December 6th

B: [Pumpkin Latte Overnight Oats](#) (7 points)

L: [Chili Relleno Soup](#) (1 point)

D: [Harvest Chicken Casserole](#) (5 points)

Dessert: Leftovers

Total WW Points: 13+

Notes: You can make the harvest chicken casserole as is, or use it as a base recipe to throw in whatever veggies you have leftover at the end of the week!

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)
- Ground turkey
- Flank steak
- Pork breakfast sausages
- Center cut bacon
- Tuna in water (canned)
- Eggs
- Egg yolks
- Skim milk
- Unsweetened almond milk

- Unsweetened cashew milk
- Nonfat plain Greek yogurt
- Fat-free cool whip
- Laughing Cow herb and garlic cheese
- Reduced-fat shredded cheese blend
- Shredded mozzarella cheese
- Grated Parmesan cheese
- Reduced-fat cream cheese
- Butter
- Light butter

Produce

- Red apples
- Granny Smith apples
- Bananas
- Limes
- Lemons
- Blueberries
- Onions
- Green onions (scallions)
- Shallots
- Garlic
- Ginger root
- Carrots
- Sweet potatoes
- Russet potatoes
- Baby potatoes
- Celery
- Broccoli florets
- Cauliflower rice
- White cabbage
- Brussels sprouts
- Leeks
- Jalapeños
- Piri-piri chilies (or red Fresno chilies)
- Yellow chilies
- Bell Peppers
- Corn (fresh or frozen)
- Sweet peas (fresh or frozen)
- Green peas (fresh or frozen)
- Roasted green chiles
- Fresh cranberries
- Dried cranberries

- Fresh cilantro
- Arugula
- Fresh thyme

Pantry Staples

- All-purpose flour
- Self-rising flour
- Whole wheat flour
- Rolled oats
- Quick oats
- Chia seeds
- Baking powder
- Baking soda
- Cream of tartar
- Table salt
- Black pepper
- Ground spices
 - Cinnamon
 - Nutmeg
 - Ginger
 - Cumin
 - Oregano
 - Thyme
 - Italian seasoning
 - Paprika
 - Chili powder
 - Red pepper flakes (chili flakes)
 - Garlic powder
 - Pumpkin pie spice
- Peppermint extract
- Vanilla extract
- Olive oil
- Vegetable oil
- Soy sauce
- Apple cider vinegar
- White wine vinegar
- Balsamic vinegar
- Vinegar
- Lime juice
- Lemon juice
- Tomato paste
- Granulated sugar
- Brown sugar

- Powdered sugar
- Zero-calorie sweetener
- Brown sugar substitute
- Honey
- Sugar-free maple syrup
- Caramel sauce (fat-free)
- Unsweetened applesauce
- Cornstarch
- Everything but the bagel seasoning

Canned & Packaged Goods

- Black beans (canned)
- Canned diced tomatoes
- Vegetable broth
- Low-sodium vegetable broth
- Low-sodium chicken broth
- Beef broth
- Whole kernel corn (canned)
- Sweet peas (canned)
- Cream of mushroom soup mix (instant/packet)
- Brewed coffee
- Pure pumpkin puree
- Small pasta shapes
- Fusilli pasta
- Cheese tortellini (fresh or frozen)
- Black olives (canned, sliced)
- Artichokes (canned, quartered)
- Light Italian dressing
- Low-calorie bread (WW white bread, multigrain)
- Biscuits (7.5 oz package)
- Frozen hash browns

Baking & Desserts

- Almonds (whole and chopped)
- Chopped pecans
- Chopped walnuts
- Pineapple tidbits or chunks
- Zero-sugar dark chocolate baking chips
- Zero-sugar white chocolate-style baking chips
- Holiday sprinkles
- Crushed candy cane (sugar-free or regular, optional)

