

Free WW New Year's Meal Plan SUNDAY December 28th

B: [Broccoli Cheese Egg Bake](#) (2 points)

L: [Coconut Lime Chicken](#) (3 points)

D: [Chicken Marengo](#) (4 points)

Dessert: Leftovers

Total WW Points: 9+

Notes: If you don't like broccoli, you can omit it in the breakfast bake or swap it for whatever vegetables you do like.

Free WW New Year's Meal Plan MONDAY December 29th

B: Leftovers

L: [Pesto Chicken and Avocado](#) (6 points)

D: [Peruvian Chicken Soup](#) (2 points)

Dessert: [Mint Oreo Cheesecake](#) (8 points)

Total WW Points: 16+

Notes: Before buying all of the vegetables for the Peruvian chicken soup, use up what you have even if it's not exactly the same. Use the recipe as a base to clean out the fridge!

Free WW New Year's Meal Plan TUESDAY December 30th

B: [WW Migas](#) (3 points)

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

D: Leftovers

Dessert: [Mini Peanut Butter Cookies](#) (1 point)

Total WW Points: 4+

Notes: These mini peanut butter cookies are so easy to make, and they freeze well so feel free to keep them in the freezer for when you just need a small sweet treat.

Free WW New Year's Meal Plan WEDNESDAY December 31st

B: [Crispy Air Fryer Turkey Bacon](#) (3 points) + Eggs (0 points)

L: Leftovers

D: [Healthy Turkey Stew](#) (1 point)

Dessert: [Banana S'mores](#) (2 points)

Total WW Points: 6+

Notes: This is a very low point day, so you should have some leftover points to use on New Year's snacks to ring in the new year!

Free WW New Year's Meal Plan THURSDAY January 1st

B: [Oat Banana Blueberry Muffins](#) (2 points)

L: [Chicken Pasta Salad](#) (4 points)

D: [Black Eyed Pea Soup](#) (1 point)

Dessert: [Banana Bread](#) (4 points)

Total WW Points: 11

Notes: The chicken pasta salad is technically a spring dish, but what better way to brighten up the cold winter days than with some bright vegetables.

Free WW New Year's Meal Plan FRIDAY January 2nd

B: [Spinach Feta Breakfast Sandwiches](#) (1 point)

L: [Keto Chicken Nuggets](#) (4 points)

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

Dessert: [Baked Apples](#) (7 points)

Total WW Points: 17

Notes: You can use the keto chicken nuggets for salads or just by themselves, whatever sounds good for the day.

Free WW New Year's Meal Plan SATURDAY January 3rd

B: [Mini Protein Waffles](#) (3 points)

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

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

Dessert: [Apple Cranberry Crisp](#) (8 points)

Total WW Points: 15

Notes: One fun way to use these protein waffles is as a breakfast sandwich with turkey sausage and eggs. Talk about a protein fueled way to start the day!

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

Grocery List

Produce

- Tomatoes (fresh)
- Cherry tomatoes
- White onion
- Red onion

- Avocado
- Mixed lettuce leaves
- Fresh basil leaves
- Potato
- Carrots
- Garlic
- Spinach
- Cilantro
- Red bell pepper
- Green beans
- Celery
- Bananas
- Apples
- Cranberries
- Lemon
- Ginger (optional)
- Broccoli
- Jalapeños (optional, for serving)
- Rosemary (fresh)

Meat & Poultry

- Chicken breasts (boneless, skinless)
- Pork loin
- Turkey bacon
- Smoked turkey ham

Dairy & Eggs

- Eggs
- Skim milk
- Unsweetened almond milk
- Plain Greek yogurt (0% and fat-free options)
- Low-fat feta cheese
- Reduced-fat shredded cheddar cheese
- Cottage cheese
- Light cream cheese
- Parmesan cheese
- Light butter
- Fat-free Cool Whip

Pantry Staples

- Olive oil
- Orange juice
- Marinara sauce (no-sugar-added)
- Prepared mustard
- Dijon mustard
- Bay leaves
- Salt
- Black pepper
- Smoked paprika
- Oregano
- Thyme
- Cinnamon
- Nutmeg
- Baking powder
- Baking soda
- All-purpose flour
- Almond flour
- Steel cut oats and/or Quick oats
- Rice (uncooked)
- Fusilli pasta
- Brown sugar
- Confectionary sugar
- Honey
- Vanilla extract
- Peppermint extract
- Apple cider vinegar
- White vinegar
- Worcestershire sauce
- Cornstarch
- Vanilla protein powder
- Taco seasoning
- Chili powder
- Cumin
- Corn Tortillas

Canned & Jarred Items

- Mushrooms (canned)
- Green peas
- Tuna in olive oil
- Anchovy fillets (optional)
- Black olives
- Artichoke hearts (optional)
- Black-eyed peas

- Black beans (low-sodium)
- Fire-roasted tomatoes with green chiles
- Tomato sauce
- Chipotle peppers in adobo

Frozen

- Sweet corn kernels
- Blueberries (fresh or frozen)

Breads & Baked Goods

- English muffins or light calorie bread
- Oreo pie crust (ready-made)
- Mint Oreo thin cookies
- Graham crackers (for crumbs)

MISC

- Pine nuts
- Walnuts
- Peanut butter
- Marshmallow fluff
- Lindt 70% dark chocolate
- Capers
- Stevia/Splenda
- Chicken broth
- Vegetable broth (low-sodium)
- Aji amarillo paste (optional)
- Light mayo
- Lime