

Free WW Meal Plan SUNDAY January 11th

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

L: [Big Mac Salad](#) (3 points)

D: [Mexican Casserole](#) (5 points)

Dessert: Leftovers

Total WW Points: 13+

Notes: This Big Mac Salad is one of my favorites because it's so easy to make and it packs in some flavor! You don't have to worry about boring salads when you use this recipe.

Free WW Meal Plan MONDAY January 12th

B: Leftovers

L: [Supreme Pizza Pockets](#) (6 points)

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

Dessert: [Mini Monkey Bread](#) (1 point)

Total WW Points: 9+

Notes: Rotisserie chicken is always my go to when I have a delicious side dish I want to make but I know it won't be enough for dinner. The rotisserie chicken just finishes it off perfectly without me having to put in more effort.

Free WW Meal Plan TUESDAY January 13th

B: [Huevos Motulenos](#) (3 points)

L: Leftovers

D: [Instant Pot Birria](#) (6 points)

Dessert: [Bread Pudding](#) (3 points)

Total WW Points: 12+

Notes: I love the instant pot birria with corn tortillas, lime, red onion, and cilantro!

Free WW Meal Plan WEDNESDAY January 14th

B: [Kodiak Cakes Pumpkin Muffins](#) (3 points)

L: [Philly Style Roast Beef Squares](#) (5 points)

D: Leftovers

Dessert: [Pecan Pinwheels](#) (3 points)

Total WW Points: 11+

Notes: The philly style roast beef squares work great for a meal prep lunch or a game day appetizer.

Free WW Meal Plan THURSDAY January 15th

B: [Easy Apple Cinnamon Rolls](#) (7 points)

L: [Cajun Chicken Bites](#) (1 point)

D: [French Onion Soup](#) (6 points)

Dessert: [PB Cup Donuts](#) (3 points)

Total WW Points: 17

Notes: If you need some protein at breakfast to help keep you satisfied, just add in some boiled eggs on the side of your easy apple cinnamon rolls.

Free WW Meal Plan FRIDAY January 16th

B: [Biscuits N Gravy Bake](#) (7 points)

L: [Chicken Pizza Fingers](#) (2 points)

D: [Chicken Noodle Casserole](#) (6 points)

Dessert: [Apple Nut Crisp](#) (3 points)

Total WW Points: 18

Notes: Chicken pizza fingers may be a great go to lunch this year. You can never go wrong with pizza, and they're just 2 points.

Free WW Meal Plan SATURDAY January 17th

B: [Maple Pecan French Toast](#) (6 points)

L: [Buffalo Chicken Quesadilla](#) (8 points)

D: [Chicken Pot Pie Soup](#) (3 points)

Dessert: [Mini M&M Cookies](#) (1 point each)

Total WW Points: 18

Notes: Yes, chicken pot pie can be soup! This one is creamy and perfect for a cold winter night in.

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

Grocery List

Produce

- Thyme (fresh)
- Yellow squash
- Lemon
- Iceberg lettuce
- Dill pickles
- Plantain (optional)

Meat & Poultry

- Lean beef
- Extra-lean ground beef
- Deli-sliced roast beef
- Turkey breakfast sausage
- Pepperoni

Dairy & Eggs

- Fat-free sour cream
- Light provolone cheese
- Emmental cheese
- Fat-free shredded cheddar cheese
- Egg substitute (Egg Beaters)

Pantry Staples

- Raisins
- Brown sugar replacement
- Almond butter
- Coconut flakes
- Mini M&M's
- Whole wheat panko breadcrumbs
- Garlic salt
- Onion powder
- Marjoram
- Relish
- Ranch dressing
- Caesar dressing
- Hot sauce (Frank's)
- Real bacon bits
- Cajun seasoning
- Red chili pepper flakes
- Cayenne pepper
- Italian seasoning
- Light maple syrup
- No sugar added maple syrup
- Pumpkin spice
- Pumpkin seeds (optional)
- Pizza sauce

Canned & Jarred Items

- Corn kernels (canned)
- Refried black beans
- Condensed cream of chicken soup

Frozen

- peas
- peas and carrots

Breads & Baked Goods

- Low-point bread (Nature's Own Keto or similar)
- Ole high fiber low carb xtreme wellness tortillas
- Large tortillas
- Reduced-fat crescent roll dough
- Biscuit dough (Great Value or Pillsbury)
- Pillsbury pizza dough
- Pillsbury cinnamon rolls with icing
- Artisanal bread
- Extra Broad No Yolk Egg Noodles

Other

- Dried ancho chilies
- Dried guajillo chilies
- Mini Reese's peanut butter cups
- Kodiak cakes pumpkin mix
- Country gravy mix