

Weight Watchers Meal Plan SUNDAY January 18th

B: [Veggie Breakfast Casserole](#) (4 points)

L: [Bacon Cheesburger Rolls](#) (3 points)

D: [Spinach Asiago Burgers](#) (6 points)

Dessert: [Brownie Cheesecake Bites](#) (3 points)

Total WW Points: 16

Notes: Since it's likely too cold to grill the burgers outside, you can sear them in a pan, bake them in the oven or cook them in an air fryer.

Weight Watchers Meal Plan MONDAY January 19th

B: [Egg White Frittata](#) (3 points)

L: [Monte Cristo Sandwiches](#) (5 points)

D: [Chicken Pot Pie Bubble Up](#) (5 points)

Dessert: [Blueberry Cream Cheese Pinwheels](#) (2 points)

Total WW Points: 15

Notes: While dinner is cooking, go ahead and bake your potatoes for tomorrow's lunch!

Weight Watchers Meal Plan TUESDAY January 20th

B: Leftovers

L: [Buffalo Chicken Baked Potatoes](#) (7 points)

D: [Chicken Lasagna Roll Ups](#) (5 points)

Dessert: [Coconut Raspberry Chocolate Cake](#) (3 points)

Total WW Points: 15+

Notes: Stuffed baked potatoes are one of my favorite comfort meals because it's easy to pack on the protein!

Weight Watchers Meal Plan WEDNESDAY January 21st

B: [Baked Oatmeal Cups](#) (2 points)

L: Leftovers

D: [Chicken Bacon Alfredo Soup](#) (4 points)

Dessert: [Peanut Butter Apple Strudel](#) (3 points)

Total WW Points: 9+

Notes: This chicken bacon alfredo soup is so comforting...it's a perfect meal for a cold midweek night. Think potato soup, but alfredo flavor!

Weight Watchers Meal Plan THURSDAY January 22nd

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

L: [Prosciutto Mozzarella Roll](#) (2 points)

D: Leftovers

Dessert: [Raspberry White Chocolate Monkey Bread Pie](#) (5 points)

Total WW Points: 8+

Notes: I love the prosciutto mozzarella rolls on a salad, or even wrapped in a low carb wrap.

Weight Watchers Meal Plan FRIDAY January 23rd

B: [WW Egg Bites](#) (1 point each)

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

D: [Pizza Casserole](#) (8 points)

Dessert: [Berry Crumble](#) (6 points)

Total WW Points: 19

Notes: This pizza casserole may be a mainstay on your weekly menu, especially if you have kids to please.

Weight Watchers Meal Plan SATURDAY January 24th

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

L: [Healthy Alfredo Pizza](#) (7 points)

D: [Meat Lovers Chili](#) (5 points)

Dessert: Leftovers

Total WW Points: 13

Notes: If you don't have buckwheat for the porridge, feel free to use oatmeal instead.

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

Grocery List

Produce

- Fresh berries (strawberries, blueberries, raspberries)
- Asparagus spears
- Chives (fresh)
- Gala apples (or preferred variety)
- Grape tomatoes

Meat & Poultry

- Oscar Mayer center cut bacon
- Ham (deli)
- Chicken sausage

- Prosciutto
- Fat-free ground turkey

Dairy & Eggs

- Table cream (18%)
- Non-fat milk
- Asiago cheese
- Cottage cheese

Pantry Staples

- Graham crumbs
- Reduced-fat margarine
- Special K brownie bites or Fiber 1 brownie
- Mini white chocolate chips
- Mini milk chocolate chips
- Chocolate cake mix (Betty Crocker or Duncan Hines)
- Reduced sugar raspberry jam
- Light peanut butter (Kraft light or PB2)
- Old fashioned rolled oats
- Sugar-free chocolate chips
- Cardamom
- Ground ginger
- Buckwheat groats
- Dried parsley
- Garlic powder
- Crushed red pepper flakes
- Self-rising flour
- Breadcrumbs

Canned & Jarred Items

- Low-fat cream of chicken soup
- Diced tomatoes (28 oz cans)
- Tomato paste (5.5 oz can)
- Reduced-fat tomato sauce
- Light tomato pasta sauce
- Light alfredo sauce
- Pizza sauce (7.5 oz can)

Breads & Baked Goods

- Whole wheat bread
- Egg roll wrappers
- Low carb wraps
- Lasagna noodles
- Rotini pasta
- Taco shells

Other

- Low calorie Catalina dressing or French dressing
- Panko bread crumbs