

WW Meal Plan SUNDAY January 25th

B: [French Toast Casserole](#) (3 points)
L: [Buffalo Chicken Roll](#) (4 points)
D: [Tex Mex Shepherd's Pie](#) (4 points)
Dessert: [Nutella No Bake Cookies](#) (3 points)

Total WW Points: 14

Notes: Don't forget to make the overnight oats for tomorrow's breakfast!

WW Meal Plan MONDAY January 26th

B: [Apple Overnight Oats](#) (3 points)
L: [Buffalo Chicken Burgers](#) (2 points)
D: [Loaded Nacho Casserole](#) (7 points)
Dessert: [S'mores pinwheels](#) (3 points)

Total WW Points: 15

Notes: The buffalo chicken burgers work great in the air fryer if you don't want to grill outside in the cold.

WW Meal Plan TUESDAY January 27th

B: [Homemade Potato Cakes](#) (2 points)
L: Leftovers
D: [Chicken Parmesan Casserole](#) (5 points)
Dessert: [Carrot Cake Bars with Cream Cheese Frosting](#) (5 points)

Total WW Points: 12+

Notes: I highly suggest serving the potatoes cakes with eggs and turkey bacon for a well rounded (delicious) breakfast.

WW Meal Plan WEDNESDAY January 28th

B: [Coconut Muffins](#) (2 points)
L: [Spinach Cucumber Chicken Wraps](#) (3 points)
D: [Sloppy Joe Casserole](#) (5 points)
Dessert: Leftovers

Total WW Points: 10+

Notes: The wraps recipe calls for Flat Out wraps, but they are no longer made, so just use your favorite low carb wrap.

WW Meal Plan THURSDAY January 29th

B: [Tortilla Quiche Bake](#) (3 points)
L: [Southwest Chicken Tacos](#) (0 points)

D: Leftovers

Dessert: [Banana Nutella Loaf](#) (4 points)

Total WW Points: 7+

Notes: For the southwest chicken tacos, the shells are not included in the points. So you can use the filling over a salad to keep it at zero points, or use a few corn tortilla shells if your points allow.

WW Meal Plan FRIDAY January 30th

B: Leftovers

L: [Parmesan Chicken Tenders](#) (3 points)

D: [White Chicken Chili Tacos](#) (3 points)

Dessert: [Caramel Pretzel Brownies](#) (5 points)

Total WW Points: 11+

Notes: The parmesan chicken tenders freeze really well so it's worth making a large batch to reheat whenever you're in a pinch.

WW Meal Plan SATURDAY January 31st

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

L: [Buffalo Chicken Empanadas](#) (6 points)

D: [One Pot Turkey Rigatoni](#) (3 points)

Dessert: [Double Chocolate PB Cookies](#) (1 point)

Total WW Points: 11

Notes: This one pot turkey rigatoni is one of my favorite meals because it's hearty, delicious *and* easy to whip up.

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

Grocery List

Produce

- Red apples (large)
- Lime
- Pineapple (fresh, diced)
- Cucumber
- Tomato
- Jalapeños
- Potatoes (medium)

Meat & Poultry

- Boneless, skinless chicken breast
- Fat-free ground chicken
- Ground turkey
- Cooked shredded chicken

Dairy & Eggs

- Eggs (large)
- Egg whites (liquid)
- Fat-free cottage cheese
- Light cream cheese
- Reduced-calorie margarine
- Skim milk
- Unsweetened almond milk
- Non-fat plain Greek yogurt
- Vanilla Greek yogurt (0%)
- Light sour cream
- Fat-free shredded mozzarella cheese
- Parmesan cheese (grated and shredded)
- Reduced-fat shredded cheddar cheese
- Pillsbury reduced-fat crescent rolls
- Pillsbury biscuits (7.5 oz packages, Great Value brand)

Pantry Staples

- Whole wheat bread
- All-purpose flour
- Self-raising flour
- Zero point sweetener (stevia or sucralose packets)
- White sugar
- Brown sugar
- Confectionary sugar (icing sugar)
- Cooking spray (non-aerosol)
- Shredded coconut (sweetened)
- Unsweetened shredded coconut
- Nutella
- Chia seeds
- Quick oats
- Pretzels (Rold Gold tiny twists)
- Sugar-free caramel topping
- Panko crumbs

- Reduced sugar ketchup
- Tostitos chips
- Olive oil
- Vanilla extract
- Ground cinnamon
- Nutmeg
- Baking powder
- Baking soda
- Salt (regular and garlic salt)
- Black pepper
- Paprika
- Cajun seasoning
- Chili powder
- Red pepper flakes
- Cumin
- Italian seasoning
- Garlic powder
- Mini chocolate chips
- Unsweetened cocoa powder
- Honey
- Light peanut butter (Kraft light)
- Reduced-fat peanut butter spread
- Almonds (whole)
- Chopped nuts (pecans optional)
- Worcestershire sauce
- Frank's hot sauce
- Light ranch dressing (or homemade zero point)

Canned & Jarred Items

- Peaches (15 oz can)
- Salsa (15.5 oz jar and smaller containers)
- Canned green chilies (chopped)
- Diced tomatoes (28 oz can)
- Tomato paste (5.5 oz can)
- Reduced-fat pasta sauce
- Unsweetened applesauce

Frozen

- Frozen corn

Breads & Baked Goods

- Mission Carb Balance tortillas (burrito-sized)
- Small tortillas
- Low carb wraps
- Rigatoni pasta
- Marshmallow fluff
- Graham crackers (for crumbs)

Other

- Chicken broth
- Lime juice (fresh)