

Free Weight Watchers Meal Plan SUNDAY January 4th

B: [Chocolate PB Waffles](#) (7 points)

L: [Taco Bell Meximelt](#) (6 points)

D: [Chicken Curry](#) (0 points)

Dessert: [Lightened Up Butter Tarts](#) (5 points)

Total WW Points: 18

Notes: Who doesn't love Taco Bell? It's not typically weight loss friendly, which is why you need a copy cat version!

Free Weight Watchers Meal Plan MONDAY January 5th

B: [Hash Brown Bake](#) (5 points)

L: [Chicken Teriyaki](#) (1 point)

D: [Greek Turkey Meatballs](#) (5 points)

Dessert: [Peanut Butter Blossoms](#) (3 points)

Total WW Points: 14

Notes: These Greek turkey meatballs can be used over a salad, pasta, or even rice. Use them however you'd like.

Free Weight Watchers Meal Plan TUESDAY January 6th

B: [Banana Cinnamon French Toast](#) (5 points)

L: [Thai Noodles](#) (5 points)

D: [Zucchini Cannelloni with Pork Ragu](#) (6 points)

Dessert: Leftovers

Total WW Points: 16+

Notes: This zucchini cannelloni looks harder than it is. I highly recommend entertaining with this recipe because it's so impressive in taste.

Free Weight Watchers Meal Plan WEDNESDAY January 7th

B: [Omelet Rings](#) (1 point)

L: Leftovers

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

Dessert: [Apple Fritters](#) (5 points)

Total WW Points: 12+

Notes: Warm up with a big bowl of pho with this instant pot pho recipe. I love it for when I want something traditional in a pinch!

Free Weight Watchers Meal Plan THURSDAY January 8th

B: [Banana Chocolate Chip Pancakes](#) (3 points)

L: [Light Chicken Divan](#) (5 points)

D: Leftovers

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

Total WW Points: 13+

Notes: Light chicken divan is a fantastic lunch - it's savory, cheesy, and filling for just 5 points.

Free Weight Watchers Meal Plan FRIDAY January 9th

B: Leftovers

L: [Instant Pot Honey Mustard Chicken](#) (2 points)

D: [Beef and Broccoli](#) (4 points)

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

Total WW Points: 10+

Notes: If you love takeout on Friday nights, it's important to learn to make it yourself if you're on a weight loss plan. But it has to taste good enough otherwise you'll just feel deprived. This beef and broccoli recipe is perfect!

Free Weight Watchers Meal Plan SATURDAY January 10th

B: [Breakfast Kabobs](#) (4 points)

L: [Shrimp Chop Suey](#) (1 point)

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

Dessert: [Carrot Cake Donuts](#) (6 points)

Total WW Points: 16

Notes: Doritos Casserole is going to feel like you're not following your Weight Watchers plan (it's that good!) but it's just 5 points per serving.

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

Grocery List

Produce

- Scallions
- Parsley (fresh)
- Zucchini
- Ginger root
- Bean sprouts
- Chili peppers
- Yellow onion
- Bell Peppers
- Snow peas

- Green onions
- Mushrooms
- Strawberries (fresh)
- Basil leaves (fresh)

Meat & Poultry

- Ground turkey (93% lean)
- Ground pork (96% lean)
- Beef sirloin or flank steak
- Beef tenderloin (whole)
- Ground chicken breast
- Shrimp (peeled and deveined)
- Center cut bacon

Dairy & Eggs

- Liquid egg whites
- Egg whites
- Low-fat mozzarella cheese
- Swiss cheese
- Reduced-fat Mexican Blend Cheese
- Queso fresco
- Margarine
- Pillsbury biscuits

Pantry Staples

- Turmeric
- Curry powder
- Tomato paste
- Pecans
- Italian-style breadcrumbs
- Soy sauce (low-sodium and reduced sodium)
- Sesame oil
- Fish sauce
- Rice vinegar
- Chili flakes
- Lime juice
- Tamarind paste (optional)
- Peanuts (optional)
- White cake mix

- Cocoa powder (unsweetened)
- Mini chocolate chips
- Granulated sugar
- Powdered sugar
- Cream of tartar
- Maple extract (optional)
- Cookie butter or Nutella
- Reduced-fat peanut butter spread
- Hershey's kisses
- Sea salt
- Avocado oil cooking spray (non-aerosol)
- Allspice
- Cloves
- Cinnamon sticks
- Diced tomatoes (canned)
- Salsa (chunky red)
- Diced tomatoes and green chiles (Rotel)
- Unsweetened applesauce
- Baby corn

Frozen

- Hash browns

Breads & Baked Goods

- Whole wheat tortillas
- White corn tortillas
- Low-calorie bread (Sara Lee)

Other

- Tofu
- Rice noodles
- Nacho Cheese Doritos