

## WW Meal Plan SUNDAY February 1st

B: [Sausage Biscuit Casserole](#) (6 points)

L: [Chicken Broccoli Pasta Salad](#) (2 points)

D: [Chicken Stew](#) (1 point)

Dessert: [Baked Apple Cider Donuts](#) (3 points)

**Total WW Points: 12**

**Notes:** This chicken stew is Ecuadorian- style which means it's rich in spices and flavor.

## WW Meal Plan MONDAY February 2nd

B: [Two Ingredient Cinnamon Rolls](#) (2 points each)

L: [Chick Fil A Mac and Cheese](#) (11 points) + Rotisserie chicken or leftover meat

D: [Easy Air Fryer Meatloaf](#) (5 points)

Dessert: [Panna Cotta](#) (1 point)

**Total WW Points: 19**

**Notes:** If you want a great meal prep option that you'll love all week long, I suggest making this chick fil a copy cat mac and cheese, dividing it into containers, then adding some protein like rotisserie chicken. It'll make life easy and delicious.

## WW Meal Plan TUESDAY February 3rd

B: [Blueberry Oatmeal Bake](#) (5 points)

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

D: [Chicken Cordon Bleu Casserole](#) (4 points)

Dessert: [Lemon Bars](#) (3 points)

**Total WW Points: 13**

**Notes:** Lemon bars are typically a summer dessert, but we've got them here in case you need a bright option for a bleak week. Plus, they're only 3 points!

## WW Meal Plan WEDNESDAY February 4th

B: [Quinoa Breakfast Bowl](#) (5 points)

L: Leftovers

D: [Light and Creamy Chicken Parikash](#) (3 points)

Dessert: [Peanut Butter Oatmeal Bars](#) (4 points)

**Total WW Points: 12+**

**Notes:** You may not be used to quinoa for breakfast, but it's just as good as oatmeal!

## WW Meal Plan THURSDAY February 5th

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

L: [Buffalo Chicken Salad](#) (3 points)

D: Leftovers

Dessert: [Nutella Cookies](#) (3 points)

**Total WW Points: 9+**

**Notes:** This buffalo chicken salad is very versatile. Depending on your points, you can add it to a sandwich, or use lettuce wraps for your lunch.

## WW Meal Plan FRIDAY February 6th

B: Leftovers

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

D: [Southwest Chicken Tacos](#) (0 points)

Dessert: [Cinnamon Twists](#) (2 points)

**Total WW Points: 3+**

**Notes:** The southwest chicken taco points only include the filling, so you'll need to count points for the low carb tortilla shells as well as any toppings.

## WW Meal Plan SATURDAY February 7th

B: [French Toast Casserole](#) (3 points)

L: [Pad Woon Sen](#) (4 points)

D: [Air Fryer Salmon Bites](#) (0 points)

Dessert: Leftovers

**Total WW Points: 7+**

**Notes:** I suggest using any random leftovers you haven't used up yet for this day, as you'll get a whole new set of groceries tomorrow.

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

## Grocery List

### Produce

- Apples
- Bananas
- Blueberries (frozen)
- Strawberries
- Lemons
- Limes
- Peaches (canned)
- Tomatoes
- Carrots
- Celery
- Broccoli

- Cabbage (white)
- Romaine lettuce
- Bean sprouts
- Baby corn
- Corn (frozen)
- Peas (frozen)
- Bell peppers (red, green, yellow)
- Yellow chili pepper
- Onion (white)
- Red onion
- Green onion
- Garlic
- Ginger
- Cilantro
- Culantro
- Parsley

### **Meat & Seafood**

- Chicken breasts
- Chicken cutlets
- Lean ground beef
- Salmon filets
- Shrimp
- Smoked low-fat turkey ham

### **Dairy & Eggs**

- Eggs
- Skim milk
- Almond milk (unsweetened)
- Butter (light/salted)
- Low-fat mozzarella cheese
- Parmesan cheese
- Romano cheese
- Cheddar cheese
- Feta cheese
- Non-fat plain Greek yogurt
- Fat-free sour cream
- Low-fat cottage cheese
- Coconut cream

### **Bread & Grains**

- Whole wheat bread

- Reduced-fat Pillsbury crescent rolls
- Macaroni elbows
- Penne
- Glass noodles
- Oats
- Quinoa
- Panko breadcrumbs

### **Pantry Staples**

- Self-raising flour
- All-purpose flour
- Oat flour
- Chicken broth
- Oil
- Cooking spray
- Brown sugar
- White sugar
- Powdered sugar
- Stevia
- Tapioca starch
- Cornstarch
- Baking powder
- Baking soda
- Unflavored gelatin
- Chia seeds
- Sliced almonds
- Peanut butter
- Nutella
- Cookie butter
- Mini chocolate chips
- Cocoa powder
- Applesauce (unsweetened)
- Apple cider vinegar
- Vinegar

### **Condiments & Sauces**

- Salsa
- BBQ sauce
- Frank's Buffalo sauce
- Ketchup
- Soy sauce (reduced sodium)
- Oyster sauce
- Worcestershire sauce

- Yellow mustard
- Dijon mustard
- Light mayonnaise
- Blue cheese dressing powder
- Sugar-free syrup

### **Spices & Seasonings**

- Salt
- Black pepper
- Ground cumin
- Cinnamon
- Nutmeg
- Cloves
- Sweet paprika
- Chili powder
- Hot red pepper flakes
- Garlic powder
- Italian seasoning
- Dried basil
- Adobo All Purpose Spice
- Turmeric
- Vanilla extract