

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