

Free WW Meal Plan SUNDAY February 15th

B: [Crescent Casserole with Spinach](#) (4 points)
L: [Instant Pot Honey Mustard Chicken](#) (2 points)
D: [Cheesy Gnocchi Casserole](#) (5 points)
Dessert: [Slow Cooker Cranberry Pear Cobbler](#) (4 points)

Total WW Points: 15

Notes: Instant pot honey mustard chicken can be a very versatile recipe. Use different Weight Watchers friendly sauces to mix it up week to week.

Free WW Meal Plan MONDAY February 16th

B: [Low Calorie Blueberry Muffins](#) (2 points)
L: [Thai Noodles](#) (5 points)
D: [Brunswick Stew](#) (2 points)
Dessert: [Brownie Mug Cake](#) (5 points)

Total WW Points: 14

Notes: Blueberry muffins are a staple recipe, and these freeze so well that they're fantastic for meal prep.

Free WW Meal Plan TUESDAY February 17th

B: [Breakfast Bubble Up Cups](#) (3 points)
L: [Beef and Broccoli](#) (4 points)
D: [Slow Cooker Pork and Sauerkraut](#) (6 points)
Dessert: [Carrot Cake](#) (4 points)

Total WW Points: 17

Notes: If you don't like sauerkraut feel free to use up any veggies in your fridge instead.

Free WW Meal Plan WEDNESDAY February 18th

B: [Eggs Benedict](#) (3 points)
L: Leftovers
D: [Stuffed Mushroom Casserole](#) (4 points)
Dessert: [Peanut Butter Blossoms](#) (3 points)

Total WW Points: 10+

Notes: The eggs benedict recipe calls for flat out wraps but they are no longer made, so substitute your favorite low carb wrap or english muffin.

Free WW Meal Plan THURSDAY February 19th

B: Leftovers
L: [Hasselback Sweet Potatoes](#) (3 points) + Rotisserie Chicken

D: [London Broil](#) (8 points)

Dessert: [Apple Fritter Bread](#) (4 points)

Total WW Points: 15+

Notes: This London broil is a classic recipe you should keep on hand for a fancy healthy dinner or even for entertaining.

Free WW Meal Plan FRIDAY February 20th

B: [Egg Boils](#) (2 points)

L: [Healthy Chicken Fajitas](#) (1 point)

D: [Portuguese Kale Soup](#) (3 points)

Dessert: Leftovers

Total WW Points: 6+

Notes: Fajitas are always a great lunch option because they cook quickly and you can add it to a salad or tortillas based on how many points you have.

Free WW Meal Plan SATURDAY February 21st

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

L: [Instant Pot Arroz Con Pollo](#) (6 points)

D: Leftovers

Dessert: [Butterfinger Balls](#) (4 points)

Total WW Points: 15+

Notes: If you love an easy going Saturday morning, this banana cinnamon French toast is a breeze to make and really elevates your day!

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

Grocery List

- Apples (yellow and granny smith)
- Banana
- Bean sprouts
- Bell pepper (yellow)
- Blueberries
- Broccoli florets
- Carrots (whole and shredded)
- Cranberries
- Lemon
- Mushrooms (white button)
- Onion (white and red)
- Parsley (fresh)
- Pears (canned, sliced in water)

- Pineapple tidbits/chunks
- Snow peas
- Spinach
- Sweet potatoes
- Tomato

Dairy & Refrigerated

- Butter
- Cheddar cheese (fat-free and reduced-fat shredded)
- Cream cheese (reduced-fat)
- Egg substitute (Egg Beaters)
- Eggs
- Greek yogurt (nonfat plain)
- Mayonnaise (light)
- Milk (fat-free, almond)
- Mozzarella cheese (fat-free shredded)
- Parmesan cheese

Meat & Seafood

- Beef (flank steak and sirloin)
- Canadian bacon
- Chicken breast
- Pork loin
- Pulled pork
- Turkey breakfast sausage

Pantry

- Apple cider vinegar
- Apple juice
- Applesauce (unsweetened)
- Baking powder
- Baking soda
- Barbecue sauce (sugar-free)
- Brown sugar
- Butterfinger candies
- Chicken broth
- Chili flakes
- Chocolate chips (zero-sugar)
- Cocoa powder (unsweetened)
- Corn kernels
- Cornstarch
- Country gravy mix

- Crushed tomatoes
- Dijon mustard
- Flour (all-purpose)
- Graham crumbs (low-fat)
- Granulated sugar
- Hershey's kisses
- Honey
- Icing sugar (confectionery sugar)
- Lima beans
- Marinara sauce (fat-free)
- Mustard
- Oil
- Old Bay seasoning
- Panko breadcrumbs
- Peanut butter (reduced-fat)
- Peanuts
- Pecans
- Potato gnocchi
- Powdered sugar substitute
- Rice noodles
- Sauerkraut
- Seafood broth
- Soy sauce (regular and reduced sodium)
- Splenda/Stevia
- Tamarind paste
- Tofu
- Tomato paste
- Vanilla extract
- Vegetable oil
- Vinegar (balsamic)
- Walnuts
- Worcestershire sauce
- Zero-calorie sweetener (1:1 sugar replacement)

Bread & Bakery

- Biscuits (Pillsbury buttermilk)
- Crescent rolls (reduced-fat)
- Low-calorie bread/wraps

Spices & Seasonings

- Bay leaves
- Black pepper
- Cayenne pepper

- Cinnamon
- Garlic powder
- Italian seasoning
- Kosher salt
- Nutmeg
- Onion powder
- Oregano (dried)
- Paprika (smoked)
- Rosemary (dried crushed)
- Sage (ground)
- Salt
- Thyme (dried)