

Weight Watchers Free Plan SUNDAY February 22nd

B: [Monte Cristo Casserole](#) (7 points)
L: [Shrimp Spring Roll Bowl](#) (7 points)
D: [Tarragon Chicken with Asparagus](#) (2 points)
Dessert: [Pineapple Upside Down Cake](#) (4 points)

Total WW Points: 20

Notes: I love a hearty casserole on Sunday mornings to start the week off right, and this one is absolutely delicious for just 7 points.

Weight Watchers Free Plan MONDAY February 23rd

B: [Spring Veggie Breakfast Casserole](#) (4 points)
L: [Chicken Pasta Salad](#) (4 points)
D: [Greek Sheet Pan Chicken](#) (4 points)
Dessert: [Strawberry Pie](#) (3 points)

Total WW Points: 15

Notes: Make enough chicken pasta salad so that you have some for tomorrow's lunch too!

Weight Watchers Free Plan TUESDAY February 24th

B: [Easy Apple Cinnamon Rolls](#) (7 points)
L: Leftovers
D: [Ground Beef Taco Soup](#) (4 points)
Dessert: [Red Velvet Cupcakes](#) (4 points)

Total WW Points: 15+

Notes: If you're not a fan of apples you can easily swap them for something else in the cinnamon rolls.

Weight Watchers Free Plan WEDNESDAY February 25th

B: [Zucchini Walnut Bread](#) (3 points)
L: [Tortellini Salad](#) (3 points)
D: Leftovers
Dessert: [Raspberry Poke Cake](#) (4 points)

Total WW Points: 10+

Notes: This raspberry poke cake is beautiful, I recommend keeping the recipe on hand for entertaining.

Weight Watchers Free Plan THURSDAY February 26th

B: [Honey Muffins](#) (4 points) + Eggs (0 points)
L: [Buffalo Chicken Wraps](#) (8 points)

D: [Garbanzo Bean Soup](#) (1 point)
Dessert: [Banana Pudding](#) (4 points)

Total WW Points: 17

Notes: You've got to have a good banana pudding recipe on hand, and this one is it because it's delicious and just 4 points.

Weight Watchers Free Plan FRIDAY February 27th

B: Leftovers

L: [Nicoise Salad](#) (0 points)

D: [Pork Bulgogi](#) (4 points)

Dessert: [Mini Monkey Bread](#) (2 points)

Total WW Points: 6+

Notes: If you have any leftover meat, add it to your nicoise salad to help keep you satisfied until dinner.

Weight Watchers Free Plan SATURDAY February 28th

B: [Sheet Pan Pancakes](#) (3 points)

L: [WW Egg Salad](#) (0 points) + points for bread, wraps, or crackers

D: [Spinach Artichoke Pasta Bake](#) (7 points)

Dessert: Leftovers

Total WW Points: 10+

Notes: Clean out your fridge for dinner or use this night to order out!

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

Grocery List

Produce

- Apples
- Arugula
- Asparagus
- Avocado
- Banana pepper rings
- Bananas
- Bean sprouts
- Bell pepper (green, red, yellow)
- Carrots
- Celery
- Celery root
- Cherry tomatoes
- Corn (ear)

- Cucumber
- Dill (fresh)
- Garlic
- Ginger
- Green beans
- Lemon
- Lettuce (romaine and mixed)
- Mango (unripe)
- Mushrooms
- Onion (white, red, spring/scallion)
- Parsley (fresh)
- Pear
- Pineapple rings (canned)
- Potatoes (new)
- Purple cabbage
- Rosemary (fresh)
- Snow peas
- Spinach (baby and regular)
- Strawberries
- Swiss chard
- Tomatoes (whole and canned)
- Zucchini (yellow and green)

Dairy & Refrigerated

- Butter (light substitute)
- Cheddar cheese (reduced fat shredded)
- Cream cheese (reduced fat)
- Eggs
- Feta cheese (reduced fat crumbled)
- Greek yogurt (nonfat plain)
- Mayonnaise (fat-free and reduced calorie)
- Milk (1% and fat-free)
- Mozzarella cheese (fat-free shredded and light)
- Parmesan cheese
- Sour cream (light)
- Swiss cheese (reduced fat sliced)

Meat & Seafood

- Anchovy fillets
- Chicken breast
- Ground beef
- Ground pork
- Ham (lean deli sliced)

- Shrimp
- Tuna (canned in olive oil)
- Turkey ham (smoked)

Pantry

- Almond milk (unsweetened plain)
- Apple cider vinegar
- Applesauce (unsweetened)
- Artichoke hearts (canned)
- Baking powder
- Baking soda
- Banana extract
- Black beans (canned)
- Black olives
- Brown sugar
- Canola oil
- Capers
- Chicken/beef stock cubes
- Cornstarch
- Crushed tomatoes
- Dijon mustard
- Flour (all-purpose and self-rising)
- Frank's hot sauce
- Fusilli pasta
- Garbanzo beans (canned)
- High fiber pasta
- Honey
- Italian dressing (light)
- Jello powder (zero-sugar raspberry and strawberry)
- Lemon juice
- Maple syrup (sugar-free)
- Maraschino cherries
- Monk fruit sweetener
- Mustard
- Olive oil
- Oyster sauce
- Ranch dressing (light)
- Rice noodles
- Sesame oil
- Sesame seeds
- Soy sauce
- Splenda
- Sriracha
- Tortellini (cheese)

- Tortillas (large)
- Vanilla extract
- Vanilla wafer cookies
- Vinegar (white)
- Walnuts
- White sugar
- Worcestershire sauce
- Zero-calorie sweetener (1:1 sugar replacement)

Bread & Bakery

- Biscuit dough
- Croissants (Pillsbury reduced fat)
- Pillsbury cinnamon rolls
- Whole wheat bread

Spices & Seasonings

- Bay leaf
- Black pepper
- Cayenne pepper
- Cinnamon
- Garlic powder
- Himalayan salt
- Italian seasoning
- Kosher salt
- Onion powder
- Oregano (dried)
- Paprika
- Red pepper flakes
- Salt
- Sea salt
- Taco seasoning