

## Weight Watchers Meal Plan SUNDAY February 8th

B: [French Toast Sticks](#) (6 points)  
L: [One Pot Pizzaiola Chicken](#) (3 points)  
D: [Deliciously Light Salmon Piccata](#) (1 point)  
Dessert: [Red Wine Pears](#) (2 points)

**Total WW Points: 12**

**Notes:** I love these red wine soaked pears for when I need a dessert that feels very fancy without taking up all of my time.

## Weight Watchers Meal Plan MONDAY February 9th

B: [Caramel Apple Muffins](#) (3 points)  
L: [Jambalaya](#) (2 points)  
D: [Minestrone](#) (1 point)  
Dessert: [Strawberry Torte](#) (5 points)

**Total WW Points: 11**

**Notes:** Take advantage of low point soups this week like this beautiful minestrone. It'll help you stay in line before Valentines dinner and also help cheer up any cold dreary nights!

## Weight Watchers Meal Plan TUESDAY February 10th

B: [Everything Bagel Casserole](#) (5 points)  
L: [Egg Roll in a Bowl](#) (3 points)  
D: [Angel Chicken Pasta](#) (8 points)  
Dessert: [Strawberry Chocolate Chip Bars](#) (3 points)

**Total WW Points: 19**

**Notes:** Egg roll in a bowl is such an easy throw together lunch. You can use whatever you have on hand and make it your own.

## Weight Watchers Meal Plan WEDNESDAY February 11th

B: [Chicken Frittata](#) (0 points)  
L: [Cream of Mushroom Soup](#) (2 points)  
D: [Chicken Cordon Bleu Casserole](#) (4 points)  
Dessert: [Oreo Cheesecake Cups](#) (4 points)

**Total WW Points: 10**

**Notes:** Save some of the chicken frittata to have for breakfast Saturday so you can save plenty of points that day before Valentine's dinner!

## Weight Watchers Meal Plan THURSDAY February 12th

B: [Apple Cranberry Oatmeal Bake](#) (5 points)

L: Leftovers

D: [Miso Salmon](#) (2 points)

Dessert: Leftovers

**Total WW Points: 7+**

**Notes:** This apple cranberry oatmeal bake will warm you right up and keep you satisfied without a mid morning crash!

## Weight Watchers Meal Plan FRIDAY February 13th

B: [Breakfast Stromboli](#) (7 points)

L: [General Tso's Chicken](#) (4 points)

D: Leftovers

Dessert: [Berry Cheesecake](#) (9 points)

**Total WW Points: 20+**

**Notes:** I love making take out dishes at home like this General Tso's chicken. It's much healthier and easier on the wallet!

## Weight Watchers Meal Plan SATURDAY February 14th

B: Leftovers

L: [Crispy Chinese Shredded Chicken](#) (0 points)

D: [Pick from one of these delicious Valentine's Day Dinner options.](#)

Dessert: [V Day Cake Pops](#) (5 points)

**Total WW Points: 5+**

**Notes:** Enjoy your Valentine's dinner, whether you're staying in or dining out!

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

## Grocery List

### Produce

- Apples
- Asparagus
- Avocado
- Bananas
- Basil
- Blueberries
- Celery
- Cilantro
- Coleslaw mix (pre-shredded cabbage and carrots)
- Cranberries
- Dates
- Garlic

- Ginger root
- Green bell pepper
- Green onions
- Jalapeño
- Kale/spinach/chard/arugula (leafy greens)
- Leeks
- Limes
- Onion (white and yellow)
- Pears
- Potatoes
- Red bell pepper
- Strawberries
- Tomatoes
- Corn
- Mushrooms

### **Dairy & Refrigerated**

- Milk (skim/almond/cashew)
- Butter (light)
- Cool whip (fat free)
- Cream cheese (light)
- Eggs
- Egg whites (carton)
- Fat-free half and half
- Greek yogurt (nonfat plain)
- Greek yogurt (strawberry)
- Laughing Cow herb & garlic cheese
- Mozzarella cheese (reduced fat/low fat)
- Parmesan cheese
- Shredded cheese blend (reduced fat)

### **Meat & Seafood**

- Bacon (center cut)
- Chicken breasts
- Salmon fillets
- Shrimp
- Turkey ham (smoked, low fat)
- Turkey sausage (smoked)

### **Pantry**

- Almond flour (blanched)
- Apple cider vinegar

- Applesauce (unsweetened)
- Baking powder
- Black beans
- Breadcrumbs
- Capers
- Caramel sauce (fat free/sugar free)
- Chicken broth
- Chickpeas
- Chocolate chips (mini)
- Cinnamon/Cinnamon stick
- Cloves (ground and whole)
- Coconut extract
- Cornstarch
- Fish broth
- Flour (all-purpose and self-rising)
- Frosted Flakes cereal
- Hoisin sauce
- Honey
- Lily's white chocolate chips (no sugar added)
- Lindt 70% dark chocolate
- Long-grain rice
- Maple syrup (pure)
- Marinara sauce (no added sugar)
- Mirin
- Miso paste
- Nutmeg
- Oats (rolled/quick)
- Oreo thin cookies
- Paprika (sweet)
- Peas (frozen)
- Red wine
- Rice vinegar
- Rosemary (dried)
- Sage (dried)
- Salt
- Oil (olive, sesame, vegetable)
- Soy sauce
- Splenda/Stevia
- Sugar (white and brown)
- Sunflower seeds (raw)
- Thyme (fresh)
- Tomato juice
- Unflavored gelatin
- Vanilla extract

- Vegetable broth (low sodium)
- Vinegar
- Walnuts (raw)

### **Frozen**

- Home fries
- Strawberries

### **Bread & Bakery**

- Graham crust (reduced fat)
- Low-calorie bread
- Pillsbury pizza dough

### **Spices & Seasonings**

- Allspice (ground and berries)
- Bay leaf
- Black pepper
- Cayenne/chili powder
- Everything but the bagel seasoning
- Garlic powder
- Oregano (dried)
- Valentine's Day sprinkles