

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