

WW Meal Plan SUNDAY March 1st

B: [Spinach Mushroom Asiago Quiche](#) (5 points)
L: [Chicken Curry](#) (0 points)
D: [Terasca Soup](#) (1 point)
Dessert: [Coconut Raspberry Chocolate Cake](#) (6 points)

Total WW Points: 12

Notes: This coconut raspberry chocolate cake is decadent and the perfect ending for a Sunday!

WW Meal Plan MONDAY March 2nd

B: [Banana Blueberry Pancakes](#) (5 points)
L: [Light Chicken Divan](#) (5 points)
D: [Eggplant Parmesan](#) (4 points)
Dessert: [Chocolate Banana Icebox Cake](#) (4 points)

Total WW Points: 18

Notes: You can have 5 whole pancakes for just 5 points so this is one breakfast you don't want to pass up.

WW Meal Plan TUESDAY March 3rd

B: [Hash Brown Bacon Egg Bake](#) (5 points)
L: [Easy Taco Pockets](#) (4 points)
D: [Wild Rice Chicken Soup](#) (2 points)
Dessert: Leftovers

Total WW Points: 11+

Notes: Flat Out doesn't make wraps anymore, so for your easy taco pockets I suggest using pita pockets!

WW Meal Plan WEDNESDAY March 4th

B: [Omelete Onion Rings](#) (1 point)
L: Leftovers
D: [WW Jerk Chicken](#) (1 point)
Dessert: [Orange Chocolate Marble Cake](#) (3 points)

Total WW Points: 5

Notes: Since breakfast and dinner are so low in points, feel free to add your favorite carb like rice or potatoes.

WW Meal Plan THURSDAY March 5th

B: Leftovers
L: [Keto Chicken Nuggets](#) (4 points)

D: [Tex Mex Shepherd's Pie](#) (4 points)
Dessert: [Chocolate Chip Ricotta Cookies](#) (2 points)

Total WW Points: 10+

Notes: These chicken nuggets will be a staple once you see how delicious they are!

WW Meal Plan FRIDAY March 6th

B: [Breakfast Pizza Casserole](#) (5 points)
L: [Simple Salmon Ceviche](#) (1 point)
D: Leftovers
Dessert: [Banana Chocolate Chip Mug Cake](#) (4 points)

Total WW Points: 10+

Notes: Save some points for chips with your salmon ceviche, it's delicious.

WW Meal Plan SATURDAY March 7th

B: [Veggie Breakfast Taco Bowls](#) (3 points)
L: [Air Fryer Falafel](#) + Veggies and Hummus (only hummus will have points)
D: [Chinese Dumpling Soup](#) (4 points)
Dessert: [Raspberry Lemon Cake Donuts](#) (3 points)

Total WW Points: 10+

Notes: The falafel is so good you won't believe it's zero points. Highly suggest making it for snacks too.

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

Grocery List

Produce

- Bananas
- Raspberries
- Blueberries
- Orange
- Lemon
- Lime

- Parsley
- Cilantro
- Spinach
- Broccoli florets
- Mushrooms
- Eggplant
- Tomatoes
- Dried chilies
- Chili peppers
- Scotch bonnet peppers
- Green onions (scallions)
- Onions (yellow, white, red)
- Garlic
- Ginger
- Carrots
- Celery
- Peas
- Corn
- Potatoes

Meat & Seafood

- Chicken breast

- Ground beef (extra lean)
- Ground turkey (fat free)
- Salmon fillets or steaks
- Bacon
- Pepperoni

Dairy & Eggs

- Eggs
- Egg whites (carton)
- Greek yogurt (nonfat, plain or vanilla)
- Cottage cheese
- Ricotta cheese (light)
- Cream cheese (light)
- Milk
- Almond milk
- Butter (light)
- Sour cream (light)
- Mayonnaise (light)
- Parmesan cheese
- Mozzarella cheese (light or reduced fat)
- Swiss cheese (shredded)
- Grated cheese blend

- Asiago cheese

Baking & Sweeteners

- Chocolate cake mix
- Lemon cake mix
- Flour (all-purpose)
- Almond flour
- Baking powder
- Cocoa powder (unsweetened)
- Powdered sugar
- Brown sugar
- Sugar
- Monk fruit sweetener
- Zero-calorie sweetener
- Cinnamon
- Nutmeg
- Vanilla extract
- Apple sauce (unsweetened)

Snacks, Chocolate & Add-Ins

- White chocolate chips
- Dark chocolate chips

- Mini chocolate chips
- Coconut flakes
- Graham crackers

Pantry & Canned Goods

- Pinto beans (canned)
- Chickpeas (dried)
- Marinara sauce
- Tomato paste
- Chicken broth
- Olive oil
- Vegetable oil
- Cooking spray
- Vinegar
- Mustard
- Salsa
- Taco seasoning
- Italian seasoning
- Curry powder
- Chili powder
- Paprika
- Turmeric

- Ground cumin
- Allspice
- Bay leaves
- Soy sauce

Bread, Grains & Bakery

- Crescent roll dough
- Biscuit dough
- Pie crust
- Whole wheat tortillas
- Low-carb wraps
- Tortilla bowls
- Wild rice
- Hash browns

Frozen

- Frozen dumplings

Seasonings & Misc.

- Salt
- Black pepper
- Garlic salt

