

FREE WEIGHT WATCHERS MEAL PLAN

September 20 – 26

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SUNDAY, SEPTEMBER 20

B:	Blended Overnight Oats	5 pts
L:	WW Lemon Butter Spaghetti	6 pts
D:	WW Cheesy Gnocchi Casserole	5 pts
Dessert:	Baked Apple Cider Donuts	3 pts
Total WW Points		19

Notes: Double the overnight oats tonight — you'll thank yourself Monday morning when breakfast is already done.

MONDAY, SEPTEMBER 21

B:	Leftover Blended Overnight Oats	
L:	WW Chickpea Salad	1 pt
D:	White Turkey Chili	0 pts
Dessert:	Sauteed Apples	2 pts
Total WW Points		3+

Notes: This chili freezes beautifully, so make a full batch and stash half for a week when cooking feels like too much.

TUESDAY, SEPTEMBER 22

B:	Air Fryer Frittata	3 pts
L:	Nicoise Salad	0 pts
D:	Turkey Pumpkin Chili	0 pts
Dessert:	Leftovers	
Total WW Points		3+

Notes: Two chilis, two different personalities — Monday's is savory and herby, tonight's is sweeter and thicker thanks to the pumpkin puree.

WEDNESDAY, SEPTEMBER 23

B:	Huevos Motulenos	3 pts
L:	Black Bean and Corn Salad	1 pt
D:	WW Spaghetti Carbonara	5 pts
Dessert:	Red Wine Poached Pears	2 pts
Total WW Points		11

Notes: The carbonara comes together in about 20 minutes flat. Make extra for tomorrow's lunch.

THURSDAY, SEPTEMBER 24

B:	Southwest Tofu Scramble	0 pts
L:	Leftover Spaghetti Carbonara	
D:	WW Vegetable Soup	0 pts
Dessert:	Slow Cooker Fruit Cobbler	3 pts
Total WW Points		3+

Notes: A big bowl of zero point vegetable soup is the easiest way to reset after a heavier carbonara lunch.

FRIDAY, SEPTEMBER 25

B:	3-Ingredient Banana Omelette	1 pt
L:	WW Egg Roll in a Bowl	1 pt
D:	Korean Braised Chicken	1 pt
Dessert:	Vegan Creme Brulee	8 pts
Total WW Points		11

Notes: Low-point everywhere except dessert on purpose — tonight's the night for that creme brulee.

SATURDAY, SEPTEMBER 26

B:	Classic Shakshuka	0 pts
L:	Lentil Soup	1 pt
D:	Baked Turkey-Stuffed Sweet Potatoes	2 pts
Dessert:	Leftovers	
Total WW Points		3+

Notes: A light, easy Saturday on purpose — let dessert be whatever's left in the fridge before next week's grocery trip.

GROCERY LIST

Meat & Protein

- Ground turkey (99% lean)
- Boneless, skinless chicken thighs
- Tofu (firm)
- Canned tuna in water or olive oil
- Turkey bacon
- Eggs
- Canned white beans (cannellini or great northern)
- Canned black beans
- Green lentils

Seasonings & Spices

- Salt
- Black pepper
- Chili powder
- Ground cumin
- Smoked paprika
- Ground cinnamon
- Dried oregano
- Dried thyme
- Garlic powder
- Onion powder
- Taco seasoning
- Vanilla extract
- Granulated sweetener (monk fruit, stevia, or Splenda)

Dairy

- Nonfat plain Greek yogurt
- Skim or fat-free milk
- Shredded mozzarella cheese (part-skim)
- Grated parmesan cheese
- Light butter substitute
- Fat-free feta cheese

Pantry Staples

- Rolled oats
- Whole grain spaghetti
- Potato gnocchi (not frozen)
- Corn tortillas
- Canned pumpkin puree
- Frozen or canned corn kernels
- Diced tomatoes (canned)
- Marinara sauce (light or sugar-free)
- Chicken broth
- Vegetable broth
- Kalamata or black olives
- Capers
- Soy sauce
- Gochujang or Korean chili paste
- Rice vinegar
- Olive oil
- Cooking spray
- Frozen mixed fruit
- Red wine (for poaching)
- Reduced-fat mayonnaise

Fresh Produce

- Bananas
- Apples
- Pears
- Green beans
- Baby potatoes
- Mixed salad greens
- Cherry tomatoes
- Onions (yellow, red)
- Bell peppers
- Garlic cloves
- Fresh ginger
- Celery
- Carrots
- Cucumber
- Fresh dill
- Fresh cilantro
- Lemons
- Limes
- Sweet potatoes
- Cabbage (or coleslaw mix)
- Green onions/scallions

For more zero point snack ideas, visit drizzlemeskinny.com/20-weight-watchers-zero-point-snacks