

FREE WEIGHT WATCHERS MEAL PLAN

September 27 – October 3

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SUNDAY, SEPTEMBER 27

B:	Broccoli Cheese Breakfast Egg Bake	2 pts
L:	3 Bean Salad	0 pts
D:	WW Pea Soup	3 pts
Dessert:	Butterfinger Balls	4 pts
Total WW Points		9

Notes: The egg bake feeds a crowd, so make the full pan even if it's just you — it reheats well for Monday's breakfast.

MONDAY, SEPTEMBER 28

B:	Leftover Egg Bake	
L:	WW Coleslaw	1 pt
D:	Curry Cauliflower Soup	0 pts
Dessert:	Sauteed Apples	2 pts
Total WW Points		3+

Notes: Pair the coleslaw with any leftover protein you have on hand to turn it into a fuller lunch.

TUESDAY, SEPTEMBER 29

B:	WW Egg Bites	1 pt
L:	WW Chickpea Salad	1 pt
D:	WW Turkey Taco Soup	1 pt
Dessert:	Leftovers	
Total WW Points		3

Notes: The egg bites freeze well, so double the batch and you've got grab-and-go breakfasts covered into next week too.

WEDNESDAY, SEPTEMBER 30

B:	Turkish Eggs	2 pts
L:	Starbucks Egg Bites Copycat	1 pt
D:	Pumpkin and Carrot Soup	0 pts
Dessert:	Red Wine Poached Pears	2 pts
Total WW Points		5

Notes: Turkish eggs look fancy but come together in about 15 minutes, worth it for a midweek pick-me-up.

THURSDAY, OCTOBER 1

B:	Banana Oatmeal Yogurt Cups	1 pt
L:	Leftover Pumpkin and Carrot Soup	
D:	Chile Relleno Soup	1 pt
Dessert:	Slow Cooker Fruit Cobbler	3 pts
Total WW Points		5+

Notes: Two soups back to back sounds repetitive, but the chile relleno soup is smokier and richer than Wednesday's pumpkin carrot.

FRIDAY, OCTOBER 2

B:	Crispy Air Fryer Turkey Bacon + Eggs	2 pts
L:	WW Egg Salad	0 pts
D:	WW Sweet Potato Corn Chowder	1 pt
Dessert:	Vegan Creme Brulee	8 pts
Total WW Points		11

Notes: Friday night calls for something a little special — the creme brulee looks impressive and takes about 10 minutes of actual work.

SATURDAY, OCTOBER 3

B:	Leftovers	
L:	Sweet Potato Soup	2 pts
D:	Pumpkin Squash Soup	1 pt
Dessert:	Leftovers	
Total WW Points		3+

Notes: A soup-forward, low-effort Saturday — a good chance to clean out the fridge before next week's grocery run.

GROCERY LIST

Meat & Protein

- Ground turkey (99% lean)
- Turkey bacon
- Eggs
- Egg whites
- Canned white beans (great northern or cannellini)
- Canned black beans
- Canned kidney beans (dark and light)
- Ham (diced, for egg bites)

Seasonings & Spices

- Salt
- Black pepper
- Ground cinnamon
- Smoked paprika
- Paprika
- Ground cumin
- Chili powder
- Garlic powder
- Onion powder
- Dried oregano
- Vanilla extract

Dairy

- Nonfat plain Greek yogurt
- Shredded reduced-fat cheddar cheese
- Grated parmesan cheese
- Fat-free feta cheese
- Skim or fat-free milk
- Light butter substitute
- Fat-free cream cheese or cottage cheese (for egg bites)

Pantry Staples

- Canned pumpkin puree
- Canned diced tomatoes
- Chicken broth
- Vegetable broth
- Frozen peas
- Rolled oats
- Curry powder
- Taco seasoning
- Red wine (for poaching)
- Frozen mixed fruit
- Reduced-fat mayonnaise
- Dijon mustard
- Sugar-free chocolate melting wafers
- Crushed Butterfinger candies
- Olive oil
- Cooking spray

Fresh Produce

- Broccoli florets
- Green beans
- Cauliflower
- Carrots
- Sweet potatoes
- Yellow onions
- Bananas
- Apples
- Pears
- Garlic cloves
- Fresh spinach
- Fresh basil
- Green cabbage (or coleslaw mix)
- Celery
- Cucumber
- Fresh dill
- Corn kernels (fresh or frozen)
- Poblano or Anaheim peppers
- Lemons
- Limes

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