

# FREE WEIGHT WATCHERS MEAL PLAN

October 11 – October 17

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## SUNDAY, OCTOBER 11

|                        |                                      |              |
|------------------------|--------------------------------------|--------------|
| <b>B:</b>              | WW Spring Veggie Breakfast Casserole | <b>4 pts</b> |
| <b>L:</b>              | Cajun White Chicken Chili            | <b>3 pts</b> |
| <b>D:</b>              | Healthy Sweet and Sour Chicken       | <b>2 pts</b> |
| <b>Dessert:</b>        | WW Red Velvet Bars                   | <b>1 pt</b>  |
| <b>Total WW Points</b> |                                      | <b>10</b>    |

**Notes:** The breakfast casserole makes a full pan, so Monday's breakfast is already done. The chili freezes well, so double it if you want an easy lunch later in the week.

## MONDAY, OCTOBER 12

|                        |                                            |              |
|------------------------|--------------------------------------------|--------------|
| <b>B:</b>              | Leftover Spring Veggie Breakfast Casserole |              |
| <b>L:</b>              | Mexican Street Corn Soup                   | <b>6 pts</b> |
| <b>D:</b>              | Chicken Enchilada Stuffed Poblano Peppers  | <b>3 pts</b> |
| <b>Dessert:</b>        | WW Lemon Cheesecake Bars                   | <b>4 pts</b> |
| <b>Total WW Points</b> |                                            | <b>13</b>    |

**Notes:** Monday is the highest-point day of the week, so save the lemon bars for after dinner and skip them if you're running tight.

## TUESDAY, OCTOBER 13

|                        |                                                    |              |
|------------------------|----------------------------------------------------|--------------|
| <b>B:</b>              | WW Egg Muffins with Spinach and Feta               | <b>2 pts</b> |
| <b>L:</b>              | Leftover Cajun White Chicken Chili                 |              |
| <b>D:</b>              | Leftover Chicken Enchilada Stuffed Poblano Peppers |              |
| <b>Dessert:</b>        | Leftovers                                          |              |
| <b>Total WW Points</b> |                                                    | <b>2+</b>    |

**Notes:** A leftovers day on purpose. The egg muffins freeze well, so bake a double batch and they're grab-and-go through Thursday.

## WEDNESDAY, OCTOBER 14

|                        |                                   |              |
|------------------------|-----------------------------------|--------------|
| <b>B:</b>              | Huevos Motulenos                  | <b>3 pts</b> |
| <b>L:</b>              | Leftover Mexican Street Corn Soup |              |
| <b>D:</b>              | Healthy Beef Noodles              | <b>5 pts</b> |
| <b>Dessert:</b>        | Leftover Lemon Cheesecake Bars    |              |
| <b>Total WW Points</b> |                                   | <b>8+</b>    |

**Notes:** Huevos Motulenos is a Mexican-style breakfast that feels like brunch but comes together on a weekday.

## THURSDAY, OCTOBER 15

|                        |                               |              |
|------------------------|-------------------------------|--------------|
| <b>B:</b>              | Leftover Egg Muffins          |              |
| <b>L:</b>              | Leftover Healthy Beef Noodles |              |
| <b>D:</b>              | Healthy Pesto Pasta           | <b>4 pts</b> |
| <b>Dessert:</b>        | Hot Chocolate Mug Cake        | <b>4 pts</b> |
| <b>Total WW Points</b> |                               | <b>8+</b>    |

**Notes:** The mug cake takes about two minutes, a good answer to a late-night sweet craving.

## FRIDAY, OCTOBER 16

|                        |                              |              |
|------------------------|------------------------------|--------------|
| <b>B:</b>              | WW Sticky Buns               | <b>5 pts</b> |
| <b>L:</b>              | Leftover Healthy Pesto Pasta |              |
| <b>D:</b>              | Healthy Chicken Stir Fry     | <b>1 pt</b>  |
| <b>Dessert:</b>        | Leftover Red Velvet Bars     |              |
| <b>Total WW Points</b> |                              | <b>6+</b>    |

**Notes:** Sticky buns for a Friday treat, then a quick stir fry that's only 1 point.

## SATURDAY, OCTOBER 17

|                        |                                   |              |
|------------------------|-----------------------------------|--------------|
| <b>B:</b>              | Leftover Sticky Buns              |              |
| <b>L:</b>              | Leftover Healthy Chicken Stir Fry |              |
| <b>D:</b>              | Healthy Sweet and Sour Chicken    | <b>2 pts</b> |
| <b>Dessert:</b>        | Leftovers                         |              |
| <b>Total WW Points</b> |                                   | <b>2+</b>    |

**Notes:** Repeating the sweet and sour chicken on purpose. It's a favorite, and Saturday is a good day for a second round.

# GROCERY LIST

## Meat & Protein

- Boneless skinless chicken breasts
- Ground chicken or turkey
- Lean ground beef
- Eggs
- Egg whites
- Canned white beans (great northern)

## Pantry Staples

- Chicken broth
- Canned diced tomatoes
- Green enchilada sauce
- Low-sodium soy sauce
- Pineapple chunks (canned)
- Whole wheat pasta
- Egg or rice noodles
- Pesto (or ingredients to make it)
- Refrigerated biscuit dough
- Cocoa powder
- Red velvet cake mix
- Cooking spray
- Olive oil
- Flour
- Sweetener

## Dairy

- Nonfat plain Greek yogurt
- Shredded reduced-fat cheese (Mexican blend and cheddar)
- Feta cheese
- Fat-free cream cheese
- Light sour cream
- Grated parmesan cheese
- Skim or fat-free milk

## Seasonings & Spices

- Salt
- Black pepper
- Cajun seasoning
- Chili powder
- Ground cumin
- Garlic powder
- Onion powder
- Smoked paprika
- Ground cinnamon
- Vanilla extract

## Fresh Produce

- Poblano peppers
- Bell peppers
- Spinach
- Broccoli
- Zucchini
- Corn (fresh or frozen)
- Yellow onions
- Garlic cloves
- Fresh ginger
- Cherry tomatoes
- Lemons
- Limes
- Fresh cilantro
- Fresh basil
- Jalapenos

For more zero point snack ideas, visit [drizzlemeskinny.com/20-weight-watchers-zero-point-snacks](http://drizzlemeskinny.com/20-weight-watchers-zero-point-snacks)