

FREE WEIGHT WATCHERS MEAL PLAN

October 25 – October 31

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SUNDAY, OCTOBER 25

B:	WW Pumpkin French Toast Casserole	4 pts
L:	Green Chili Stew	1 pt
D:	WW Korean Braised Chicken	1 pt
Dessert:	WW Pumpkin Spice Bundt Cake	2 pts
Total WW Points		8

Notes: The French toast casserole makes a full pan, so Monday's breakfast is done. The chicken and the chili both reheat well.

MONDAY, OCTOBER 26

B:	Leftover Pumpkin French Toast Casserole	
L:	Leftover Green Chili Stew	
D:	Slow Cooker Chicken Pumpkin Curry	3 pts
Dessert:	Leftover Pumpkin Spice Bundt Cake	
Total WW Points		3+

Notes: Start the curry in the slow cooker in the morning and dinner is ready when you are.

TUESDAY, OCTOBER 27

B:	Spinach Feta Make-Ahead Breakfast Sandwich	1 pt
L:	Pumpkin Chickpea Stew	1 pt
D:	Air Fryer Pork Tenderloin	3 pts
Dessert:	WW Pumpkin Bread	2 pts
Total WW Points		7

Notes: The breakfast sandwiches are make-ahead, so prep a batch Sunday and reheat on busy mornings.

WEDNESDAY, OCTOBER 28

B:	Leftover Breakfast Sandwich	
L:	Leftover Pumpkin Chickpea Stew	
D:	WW Beef Stew	1 pt
Dessert:	Leftover Pumpkin Bread	
Total WW Points		1+

Notes: A low-effort midweek day built almost entirely on leftovers. The beef stew gets better on day two.

THURSDAY, OCTOBER 29

B:	Homemade WW Pumpkin Muffins	4 pts
L:	WW Vegetable Beef Soup	2 pts
D:	Leftover Beef Stew	
Dessert:	WW Chocolate Pumpkin Truffles	2 pts
Total WW Points		8+

Notes: The truffles are a small, Halloween-week treat that keeps well in the fridge.

FRIDAY, OCTOBER 30

B:	Leftover Pumpkin Muffins	
L:	Leftover Vegetable Beef Soup	
D:	WW Lemon Butter Spaghetti	6 pts
Dessert:	Leftover Truffles	
Total WW Points		6+

Notes: Friday night is the splurge, a 6-point spaghetti that comes together in about 20 minutes.

SATURDAY, OCTOBER 31

B:	Leftovers	
L:	Leftover Lemon Butter Spaghetti	
D:	Slow Cooker Chicken Taco Soup	1 pt
Dessert:	Leftovers	
Total WW Points		1+

Notes: An easy Halloween-night dinner. The taco soup is hands-off, so you can answer the door.

GROCERY LIST

Meat & Protein

- Boneless skinless chicken breasts
- Boneless skinless chicken thighs
- Pork tenderloin
- Lean stew beef
- Lean ground beef
- Eggs
- Egg whites
- Canned chickpeas

Seasonings & Spices

- Salt
- Black pepper
- Pumpkin pie spice
- Ground cinnamon
- Curry powder
- Chili powder
- Ground cumin
- Garlic powder
- Onion powder
- Smoked paprika
- Taco seasoning
- Vanilla extract

Dairy

- Nonfat plain Greek yogurt
- Feta cheese
- Shredded reduced-fat cheese
- Skim or fat-free milk
- Light butter substitute
- Fat-free cream cheese
- Grated parmesan cheese

Pantry Staples

- Canned pumpkin puree
- Chicken broth
- Beef broth
- Canned diced tomatoes
- Canned green chiles
- Canned beans (black or pinto)
- Corn (frozen)
- Frozen mixed vegetables
- Whole wheat spaghetti
- Whole wheat bread or English muffins
- Rolled oats
- Flour
- Sweetener
- Cocoa powder
- Soy sauce
- Cooking spray
- Olive oil

Fresh Produce

- Spinach
- Carrots
- Celery
- Yellow onions
- Garlic cloves
- Potatoes
- Green chiles or poblano peppers
- Fresh ginger
- Lemons
- Fresh parsley
- Green onions
- Apples

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