

FREE WEIGHT WATCHERS MEAL PLAN

October 4 – October 10

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SUNDAY, OCTOBER 4

B:	Kodiak Pumpkin Muffins	0 pts
L:	Buffalo Chicken Salad	3 pts
D:	WW Beef and Broccoli	4 pts
Dessert:	WW Apple Crisp	2 pts
Total WW Points		9

Notes: The pumpkin muffins are zero points and freeze well, so make a double batch now and you've got breakfast covered most of the week.

MONDAY, OCTOBER 5

B:	Leftover Pumpkin Muffins	
L:	Buffalo Chicken Chili	1 pt
D:	Firecracker Chicken	4 pts
Dessert:	Banana Bread	3 pts
Total WW Points		8

Notes: Make the chili in the slow cooker before work and it's ready by the time lunch rolls around.

TUESDAY, OCTOBER 6

B:	Low Calorie Blueberry Muffins	2 pts
L:	This Lentil Soup	0 pts
D:	Healthy Swedish Meatballs	2 pts
Dessert:	Leftovers	
Total WW Points		4

Notes: The lentil soup is zero points and freezes beautifully, so double the batch for an easy lunch later in the week too.

WEDNESDAY, OCTOBER 7

B:	WW Friendly Apple Pancakes	1 pt
L:	WW Chicken Pasta Salad	4 pts
D:	Chicken and Chickpea Curry	2 pts
Dessert:	Chocolate Chip Cookies	4 pts
Total WW Points		11

Notes: Make extra curry tonight on purpose — it reheats well and covers Thursday's lunch with zero extra effort.

THURSDAY, OCTOBER 8

B:	Two Ingredient Dough Cinnamon Rolls	2 pts
L:	Leftover Chicken and Chickpea Curry	
D:	WW Chicken Noodle Soup	1-2 pts
Dessert:	Leftovers	
Total WW Points		3+

Notes: Start the chicken noodle soup in the slow cooker in the morning so it's hands-off the rest of the day.

FRIDAY, OCTOBER 9

B:	Leftover Cinnamon Rolls	
L:	WW Baked Potato Soup	5 pts
D:	WW Shrimp Scampi	3 pts
Dessert:	Cheesecake Fluff	3 pts
Total WW Points		11

Notes: Shrimp scampi comes together in under 20 minutes, a good pick for a Friday night when cooking motivation is low.

SATURDAY, OCTOBER 10

B:	Leftovers	
L:	Leftover WW Baked Potato Soup	
D:	Mexican Chicken Adobo	4 pts
Dessert:	Leftovers	
Total WW Points		4+

Notes: A low-effort Saturday on purpose — a good chance to use up what's left in the fridge before next week's grocery run.

GROCERY LIST

Meat & Protein

- Boneless skinless chicken breasts or thighs
- Ground chicken or turkey
- Shrimp
- Flank steak or sirloin (for beef and broccoli)
- Eggs
- Canned lentils (or dried)
- Canned chickpeas

Seasonings & Spices

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

Dairy

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

Pantry Staples

- Canned pumpkin puree
- Low-sodium soy sauce
- Chicken broth
- Egg noodles
- Pasta (for chicken pasta salad)
- Buffalo sauce
- Crushed red pepper flakes
- Curry powder
- Rolled oats
- Light pancake mix or baking mix
- Refrigerated crescent or biscuit dough (for cinnamon rolls)
- Sugar-free cheesecake pudding mix
- Chocolate chips
- Olive oil
- Cooking spray

Fresh Produce

- Broccoli florets
- Carrots
- Celery
- Yellow onions
- Garlic cloves
- Russet potatoes
- Apples
- Bananas
- Blueberries
- Fresh parsley
- Fresh ginger
- Lemons
- Mixed salad greens

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