FREE WEIGHT WATCHERS MEAL PLAN

November 1 – November 7

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SUNDAY, NOVEMBER 1		
B:	Air Fryer Frittata	**3 pts**
L:	Cabbage Soup	**1 pt**
D:	Chicken Rogan Josh	**2 pts**
Dessert:	WW Rice Krispie Treats	**2 pts**
	Total WW Points	**8**

Notes: *The cabbage soup makes a big pot, so Monday's lunch is already done. The frittata keeps for a few days if you want an extra breakfast.*

MONDAY, NOVEMBER 2		
B:	WW Cranberry Pecan Muffins	**3 pts**
L:	Leftover Cabbage Soup	
D:	Grandma's Classic Swiss Steak	**2 pts**
Dessert:	Leftover Rice Krispie Treats	
	Total WW Points	**5+**

Notes: *Swiss steak is a classic comfort dish that cooks low and slow, so it fits a busy Monday.*

TUESDAY, NOVEMBER 3		
B:	Leftover Cranberry Pecan Muffins	
L:	Leftover Swiss Steak	
D:	Seco de Pollo (Ecuadorian Chicken Stew)	**1 pt**
Dessert:	Leftovers	
	Total WW Points	**1+**

Notes: *Seco de pollo is a hearty one-pot stew, a nice change of flavor midweek.*

WEDNESDAY, NOVEMBER 4

B:	TikTok Egg Boils	**2 pts**
L:	Black Eyed Pea Soup	**1 pt**
D:	Leftover Seco de Pollo	
Dessert:	Leftovers	
	Total WW Points	**3+**

Notes: *The egg boils are an easy make-ahead breakfast. Boil a batch and you're set for two mornings.*

THURSDAY, NOVEMBER 5

B:	Leftover TikTok Egg Boils	
L:	Leftover Black Eyed Pea Soup	
D:	Fish in Papillote	**1 pt**
Dessert:	Leftovers	
	Total WW Points	**1+**

Notes: *Fish in papillote cooks in parchment in about 15 minutes, with almost no cleanup.*

FRIDAY, NOVEMBER 6

B:	Leftover Cranberry Pecan Muffins	
L:	WW Egg Roll in a Bowl	**1 pt**
D:	WW Cheesy Gnocchi Casserole	**5 pts**
Dessert:	Leftover Rice Krispie Treats	
	Total WW Points	**6+**

Notes: *Friday's gnocchi casserole is the cozy splurge, and the egg roll bowl keeps lunch fast and light.*

SATURDAY, NOVEMBER 7

B:	Leftovers	
L:	Leftover Egg Roll in a Bowl	
D:	Chicken Marengo	**4 pts**
Dessert:	Leftovers	
	Total WW Points	**4+**

Notes: *A relaxed Saturday. Chicken Marengo is an easy one-pot dinner to end the week on.*

GROCERY LIST

Meat & Protein

- Boneless skinless chicken breasts
- Boneless skinless chicken thighs
- Lean beef round steak
- Ground chicken or turkey
- White fish fillets (cod or tilapia)
- Eggs
- Egg whites

Seasonings & Spices

- Salt
- Black pepper
- Curry powder
- Garam masala
- Ground cumin
- Garlic powder
- Onion powder
- Smoked paprika
- Dried thyme
- Dried oregano
- Ground cinnamon
- Vanilla extract

Dairy

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

Pantry Staples

- Chicken broth
- Beef broth
- Canned diced tomatoes
- Canned black-eyed peas
- Canned tomato sauce
- Cranberries (dried)
- Chopped pecans
- Gnocchi
- Rice (brown or cauliflower)
- Crisp rice cereal
- Mini marshmallows
- Flour
- Sweetener
- Soy sauce
- Cooking spray
- Olive oil

Fresh Produce

- Green cabbage
- Coleslaw mix
- Carrots
- Celery
- Yellow onions
- Garlic cloves
- Fresh ginger
- Bell peppers
- Mushrooms
- Tomatoes
- Zucchini
- Lemons
- Fresh parsley
- Green onions
- Spinach

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

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