FREE WEIGHT WATCHERS MEAL PLAN

November 15 – November 21

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SUNDAY, NOVEMBER 15

B:	3 Ingredient Banana Omelette	**1 pt**
L:	Chicken Satay Skewers	**1 pt**
D:	Coconut Lime Chicken	**3 pts**
Dessert:	WW Sweet Potato Cake	**5 pts**
	Total WW Points	**10**

Notes: *The sweet potato cake keeps well, so Monday's dessert is covered. Make extra satay skewers for Monday's lunch.*

MONDAY, NOVEMBER 16

B:	Crescent Casserole with Spinach and Cheese	**4 pts**
L:	Leftover Chicken Satay Skewers	
D:	Chicken Pepitoria	**4 pts**
Dessert:	Leftover Sweet Potato Cake	
	Total WW Points	**8+**

Notes: *The crescent casserole makes enough for Tuesday's breakfast too.*

TUESDAY, NOVEMBER 17

B:	Leftover Crescent Casserole	
L:	WW Baked Ratatouille	**1 pt**
D:	Leftover Chicken Pepitoria	
Dessert:	WW Red Velvet Bars	**1 pt**
	Total WW Points	**2+**

Notes: *A light, leftovers-heavy day. The ratatouille reheats well for Wednesday's lunch.*

WEDNESDAY, NOVEMBER 18

B:	WW Tortilla Quiche Bake	**3 pts**
L:	Leftover Baked Ratatouille	
D:	WW Baked Mac and Cheese with Slow Cooker Tangy Red Cabbage	**5 pts**
Dessert:	Leftovers	
	Total WW Points	**8+**

Notes: *Baked mac and cheese is the comfort-food night of the week, and the cabbage side adds almost no points.*

THURSDAY, NOVEMBER 19

B:	Leftover Quiche Bake	
L:	Leftover Baked Mac and Cheese	
D:	WW Zucchini Casserole	**1 pt**
Dessert:	WW Lemon Cheesecake Bars	**4 pts**
	Total WW Points	**5+**

Notes: *Zucchini casserole is an easy way to use up what's left in the fridge before the weekend.*

FRIDAY, NOVEMBER 20

B:	Leftover Quiche Bake	
L:	Leftovers	
D:	Healthy Nachos	**6 pts**
Dessert:	WW Tiramisu	**5 pts**
	Total WW Points	**11+**

Notes: *Friday is the splurge: nachos and a no-bake tiramisu, both with real points, so skip lunch extras.*

SATURDAY, NOVEMBER 21

B:	Leftovers	
L:	Leftover Healthy Nachos	
D:	WW Cornbread Stuffing with Duchess Potatoes	**4 pts**
Dessert:	Leftover Tiramisu	
	Total WW Points	**4+**

Notes: *A Thanksgiving test run. Try the stuffing and potatoes now and see if they make the November 26th table.*

GROCERY LIST

Meat & Protein

- Boneless skinless chicken breasts
- Boneless skinless chicken thighs
- Ground turkey or chicken
- Eggs
- Egg whites
- Black beans (canned)

Pantry Staples

- Canned coconut milk (light)
- Chicken broth
- Peanut butter powder
- Cornbread mix
- Pasta (elbow macaroni)
- Canned diced tomatoes
- Tortilla chips (baked)
- Salsa
- Ladyfingers
- Instant coffee or espresso
- Red velvet cake mix
- Cocoa powder
- Flour
- Sweetener
- Cooking spray
- Olive oil

Dairy

- Nonfat plain Greek yogurt
- Shredded reduced-fat cheese
- Reduced-fat cream cheese
- Fat-free cottage cheese or ricotta
- Skim or fat-free milk
- Light butter substitute
- Reduced-fat crescent dough
- Mascarpone or light cream cheese

Seasonings & Spices

- Salt
- Black pepper
- Ground cinnamon
- Curry powder
- Chili powder
- Ground cumin
- Garlic powder
- Onion powder
- Smoked paprika
- Dried sage
- Dried thyme
- Vanilla extract

Fresh Produce

- Bananas
- Sweet potatoes
- Zucchini
- Eggplant
- Bell peppers
- Spinach
- Tomatoes
- Red cabbage
- Yellow onions
- Garlic cloves
- Fresh ginger
- Limes
- Lemons
- Fresh cilantro
- Fresh parsley
- Celery

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

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