FREE WEIGHT WATCHERS MEAL PLAN

November 22 – November 28

drizzlemeskinny.com

SUNDAY, NOVEMBER 22

B:	Spinach Feta Make-Ahead Breakfast Sandwich	**1 pt**
L:	Thai-Style Turkey Soup	**3 pts**
D:	Harvest Chicken Casserole	**5 pts**
Dessert:	Sauteed Apples	**2 pts**
	Total WW Points	**11**

Notes: *Start Thanksgiving week simple. The sandwiches reheat well, so Monday's breakfast is done.*

MONDAY, NOVEMBER 23

B:	Leftover Breakfast Sandwich	
L:	Leftover Thai-Style Turkey Soup	
D:	Baked Stuffed Eggplant	**2 pts**
Dessert:	WW Chocolate Pumpkin Truffles	**2 pts**
	Total WW Points	**4+**

Notes: *The truffles can be made ahead and kept in the fridge until Thursday.*

TUESDAY, NOVEMBER 24

B:	Banana Oatmeal Yogurt Cups	**1 pt**
L:	WW Cream of Mushroom Soup	**2 pts**
D:	Slow Cooker Whole Chicken	**0 pts**
Dessert:	WW Pumpkin Bread	**2 pts**
	Total WW Points	**5**

Notes: *Bake the pumpkin bread today and make Tuesday dinner in the slow cooker so the kitchen stays free for prep.*

WEDNESDAY, NOVEMBER 25

B:	Leftover Yogurt Cups	
L:	Leftover Cream of Mushroom Soup	
D:	Leftover Slow Cooker Whole Chicken	
Dessert:	Leftover Truffles	
	Total WW Points	**0+**

Notes: *An easy day on purpose. Use it to prep sides ahead, like the candied carrots and the stuffing cornbread.*

THURSDAY, NOVEMBER 26		
B:	WW Egg Bites	**1 pt**
L:	Light lunch or skip, save room	
D:	Turkey Breast, Cornbread Stuffing, Green Bean Casserole, Candied Carrots, Pumpkin Roll	**9 pts**
Dessert:	Crustless Pumpkin Pie	**0 pts**
	Total WW Points	**10**

Notes: *Thanksgiving dinner: turkey breast, stuffing, green bean casserole, candied carrots and a pumpkin roll, with the pie for dessert. The turkey, carrots and green beans can all cook in the slow cooker.*

FRIDAY, NOVEMBER 27		
B:	Leftover Egg Bites	
L:	Leftover Thanksgiving Turkey and Sides	
D:	WW Shrimp Scampi	**3 pts**
Dessert:	Leftover Pumpkin Pie	
	Total WW Points	**3+**

Notes: *Black Friday is busy, so dinner is a quick 20-minute shrimp scampi.*

SATURDAY, NOVEMBER 28		
B:	WW Friendly Apple Pancakes	**1 pt**
L:	Leftovers	
D:	Healthy Chicken Stir Fry	**1 pt**
Dessert:	Cheesecake Fluff	**3 pts**
	Total WW Points	**5+**

Notes: *A light day after the holiday. The stir fry comes together fast.*

GROCERY LIST

Meat & Protein

- Turkey breast (bone-in or boneless)
- Whole chicken
- Boneless skinless chicken breasts
- Ground turkey (99% lean)
- Large shrimp
- Eggs
- Egg whites
- Ham (diced, for egg bites)

Seasonings & Spices

- Salt
- Black pepper
- Pumpkin pie spice
- Ground cinnamon
- Ground ginger
- Dried sage
- Dried thyme
- Garlic powder
- Onion powder
- Smoked paprika
- Vanilla extract
- Nutmeg

Dairy

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

Pantry Staples

- Canned pumpkin puree
- Chicken broth
- Cornbread mix
- Cream of mushroom soup (light)
- French fried onions (light)
- Rolled oats
- Pasta
- Sugar-free cheesecake pudding mix
- Oat flour
- Dark chocolate
- Flour
- Sweetener
- Cooking spray
- Olive oil

Fresh Produce

- Green beans
- Carrots
- Sweet potatoes
- Eggplant
- Spinach
- Yellow onions
- Celery
- Garlic cloves
- Fresh ginger
- Apples
- Bananas
- Limes
- Lemons
- Fresh sage
- Fresh thyme
- Mushrooms
- Fresh cilantro

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

© Drizzle Me Skinny! — drizzlemeskinny.com