FREE WEIGHT WATCHERS MEAL PLAN

November 8 – November 14

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SUNDAY, NOVEMBER 8

B:	Broccoli Cheese Breakfast Egg Bake	**2 pts**
L:	WW Cream of Mushroom Soup	**2 pts**
D:	Sweet Hawaiian Crockpot Chicken	**2 pts**
Dessert:	Cheesecake Fluff	**3 pts**
	Total WW Points	**9**

Notes: *The egg bake and the soup both make plenty, so Monday's breakfast and lunch are already done.*

MONDAY, NOVEMBER 9

B:	Leftover Egg Bake	
L:	Leftover Cream of Mushroom Soup	
D:	Baked Turkey-Stuffed Sweet Potatoes	**2 pts**
Dessert:	Leftover Cheesecake Fluff	
	Total WW Points	**2+**

Notes: *Stuffed sweet potatoes are an easy Monday dinner. Bake the potatoes ahead if you can.*

TUESDAY, NOVEMBER 10

B:	Banana Oatmeal Yogurt Cups	**1 pt**
L:	Mexican Three Bean Salad	**2 pts**
D:	Leftover Hawaiian Crockpot Chicken	
Dessert:	WW Apple Crisp	**2 pts**
	Total WW Points	**5**

Notes: *The bean salad takes about 15 minutes and holds up well in the fridge for lunch later in the week.*

WEDNESDAY, NOVEMBER 11

B:	Leftover Banana Oatmeal Yogurt Cups	
L:	Leftover Mexican Three Bean Salad	
D:	Salmon Skewers with Honey Roasted Butternut Squash	**2 pts**
Dessert:	Leftover Apple Crisp	
	Total WW Points	**2+**

Notes: *Salmon skewers cook fast, and the butternut squash side can roast while you prep.*

THURSDAY, NOVEMBER 12

B:	WW Egg Bites	**1 pt**
L:	Greek Vegetable Casserole	**2 pts**
D:	WW Stuffed Mushroom Casserole	**4 pts**
Dessert:	Leftovers	
	Total WW Points	**7**

Notes: *A cozy casserole night. The Greek casserole makes extra for Friday's lunch.*

FRIDAY, NOVEMBER 13

B:	Leftover Egg Bites	
L:	Leftover Greek Vegetable Casserole	
D:	Air Fryer Shrimp with Twice Baked Sweet Potatoes	**5 pts**
Dessert:	Leftovers	
	Total WW Points	**5+**

Notes: *Air fryer shrimp cooks in minutes, so Friday dinner stays easy.*

SATURDAY, NOVEMBER 14

B:	WW Friendly Apple Pancakes	**1 pt**
L:	Leftovers	
D:	Slow Cooker Green Bean Casserole and Sweet Potato Souffle	**5 pts**
Dessert:	Leftovers	
	Total WW Points	**6+**

Notes: *A Thanksgiving test run. Try two holiday sides this weekend and see which ones make the November 26th table.*

GROCERY LIST

Meat & Protein

- Boneless skinless chicken breasts
- Ground turkey (99% lean)
- Salmon fillets
- Large shrimp
- Eggs
- Egg whites
- Canned beans (black, kidney, pinto)

Pantry Staples

- Chicken broth
- Vegetable broth
- Pineapple chunks (canned)
- Canned diced tomatoes
- Corn (frozen)
- Rolled oats
- Cream of mushroom soup (light)
- French fried onions (light)
- Sugar-free cheesecake pudding mix
- Honey
- Pecans
- Flour
- Sweetener
- Soy sauce
- Cooking spray
- Olive oil

Dairy

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

Seasonings & Spices

- Salt
- Black pepper
- Ground cinnamon
- Pumpkin pie spice
- Garlic powder
- Onion powder
- Smoked paprika
- Chili powder
- Ground cumin
- Dried oregano
- Dried thyme
- Vanilla extract

Fresh Produce

- Broccoli florets
- Sweet potatoes
- Butternut squash
- Mushrooms
- Zucchini
- Eggplant or bell peppers
- Yellow onions
- Garlic cloves
- Bananas
- Apples
- Lemons
- Fresh parsley
- Green onions
- Fresh green beans or canned
- Cherry tomatoes

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

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