



Weight Watcher Friendly Meal Plan Week of June 21-26

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u>#1 Creamy Chicken-Spinach Soup, 8 WW PointsPlus</u>	<u>#2 Chicken and Black Bean Chili, 7 WW PointsPlus</u>	<u>#3 Tilapia Fish, 3 WW Points Plus</u>	<u>#4 Monterey Jack Turkey Burgers, 7 WW PointsPlus</u>	<u>#5 Chicken and Bell Pepper Fajitas, 6 WW PointsPlus</u>	<u>#6 Slow Cooker Pork Chops w/ Creamy Mushrooms, 8 WW PointsPlus</u>
Ingredients	1 (9-oz.) package refrigerated cheese tortellini 1 (14.5 oz.) can fat-free, reduced-sodium chicken broth 1 (10 oz.) can reduced-fat, reduced-sodium cream of chicken soup 1 (10 oz.) package frozen chopped spinach, thawed 1 (9 oz.) package frozen cooked diced chicken breast fat-free milk dried thyme pepper	olive oil 2 red bell peppers 1 large onion 3 garlic cloves 1 pound ground skinless chicken breast 1 (28-oz.) can crushed tomatoes chili powder ground cumin cayenne 1 (15-1/2 oz.) can black beans	Tilapia Lemon Juice Soy Sauce Extra Virgin Olive Oil	ground skinless turkey breast ketchup 2 shallots 1 small garlic clove salt black pepper shredded Monterey Jack cheese turkey bacon whole wheat hamburger buns (or slimwiches) tomato 4 small Boston or butter lettuce leaves	lime juice 1 Tbsp. reduced-sodium soy sauce chili powder ground cumin red pepper flakes 3/4 lb. skinless boneless chicken breasts canola oil 1 green bell pepper 1 red bell pepper 1 onion 4 (6-inch) fat-free flour tortillas salsa fat-free sour cream	boneless pork loin chops, trimmed black pepper 1 (10.75 oz.) can reduced-sodium reduced-fat condensed cream of mushroom soup 4 carrots 1 large onion 6 oz. white mushrooms, sliced Worcestershire sauce dried thyme yolk-free egg noodles chopped fresh parsley