



Weight Watcher Friendly Meal Plan Week of June 8-13

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u>#1 Greek Lemon Chicken Rice Soup</u>	<u>#2 Tropical Turkey & Spinach Salad</u>	<u>#3 Asian Noodle Bowl</u>	<u>#4 Roasted Shrimp with Tomatoes</u>	<u>#5 Southwestern Meatloaf</u>	<u>#6 Pineapple Pork Chops</u>
Ingredients	2 cups chopped cooked chicken 2 medium carrots 1/2 cup onion 1/4 cup lemon juice 2 Tbsp fresh parsley 1 garlic clove, pressed 1 (10 3/4 oz) can 98% fat-free reduced-sodium condensed cream of chicken soup 3 (14 1/2 oz) cans 100% fat-free chicken broth 1/4 tsp ground black pepper 2/3 cup uncooked long-grain white rice	3 Tbsp apricot preserves 2 Tbsp cider vinegar 2 tsp olive or vegetable oil 2 Tbsp sugar 1/4 tsp salt 1/8 tsp ground black pepper 8 oz 98% fat-free deli roast turkey breast red bell pepper 1 mango 2 eggs red onion 1 package (6 ounces) fresh baby spinach leaves 1/4 cup sliced almonds	2 cups chicken 2 cups bok choy 1/2 cup green onions 8 oz mushrooms, sliced 1/2 cup carrots 1-inch piece fresh gingerroot 2 garlic cloves 3 cups water 1 can (14 oz) 100% fat-free vegetable broth 2 Tbsp reduced-sodium soy sauce 1 package (3 oz) oriental-flavored ramen noodles	2 14.5-oz. cans diced tomatoes 2 Tbsp olive oil 2 cloves garlic, minced Salt and pepper 1 1/2 pounds medium shrimp, peeled and deveined 1 tsp dried oregano 4 oz crumbled goat cheese	1 Tbsp olive oil 1 small onion 1/2 red bell pepper 1 cup frozen corn 2 lbs ground beef (90% lean is suggested) 1 cup dry bread crumbs 1 large egg 1 cup plain yogurt (not nonfat) 1/2 cup fresh cilantro 1 Tbsp chili powder 1 tsp cumin 1 1/2 tsp salt 1/2 tsp pepper 3 Tbsp. ketchup, optional	Olive Oil spray 4 (4 oz) trimmed boneless pork loin chops 1 tsp garlic powder salt to taste ground black pepper to taste 8 tsp of Ken's Steak House honey teriyaki marinade and sauce 1 can sliced pineapple