



Weight Watcher Friendly Meal Plan Week of July 5-10

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	#1 Molasses-Glazed Ham Steak 5 WW Points+	#2 Grilled Chicken w/ Homemade BBQ sauce 6 WW Points+	#3 <u>Stir-Fried Pork with Vegetables</u> 4 WW Points+	#4 <u>Grilled Vegetable Sandwich</u> <u>4 WW PointsPlus</u>	#5 <u>Crunchy Tex-Mex Chicken Fingers</u> <u>5 WW PointsPlus</u>	#6 <u>Ham and Arugula Crepes</u> <u>6 WW PointsPlus</u>
Ingredients	molasses brown sugar dijon mustard cider vinegar 1 (1-pound) ham steak, trimmed of all fat	ketchup coffee brown sugar apple-cider vinegar 1 garlic clove salt red pepper flakes 6 bone-in chicken breast halves, skinned	olive oil 1 large onion 2 cups broccoli florets 1 red bell pepper 1 small zucchini 1 cup sugar-snap peas 10 ounces lean boneless pork loin thyme leaves salt ground pepper white-wine vinegar	1 zucchini 1 crookneck squash 1 Portobello mushroom 1 (7 oz) jar roasted red peppers reduced-fat mayonnaise oregano leaves 1 garlic clove 1 (8-inch) prebaked pizza crust or foccacia shell 4 slices provolone cheese	wheat germ chili powder ground cumin garlic powder salt cayenne pepper 2 egg whites 1 pound skinless chicken tenders	All purpose flour ground nutmeg salt fat-free milk 2 large eggs 1/2 cup reduced-fat tub-style cream cheese 2 scallions 8 (1-ounce) slices lean Black Forest Ham 1 small bunch arugula