



Weight Watcher Friendly Meal Plan Week of July 19-24

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u>#1 Vegetable-Peanut Stir-Fry 6WW Points+</u>	<u>#2 Tortellini Soup 3 WW Points+</u>	<u>#3 Beef Nachos 3 WW Points+</u>	<u>#4 Chicken Parmesan Wonton Cupcakes 4 WW Points+</u>	<u>#5 Chicken- Apple Crunch Salad 8 WW Points+</u>	<u>#6 Fresh Vegetable Soup 1 WW Points+</u>
Ingredients	Peanut oil 1 large onion Bok choy 2 carrots 1 green pepper 1 sweet red pepper 8 oz. mushrooms 2 cups broccoli 2 cups asparagus Low sodium soy sauce Cornstarch ¼ cup Reduced-sodium chicken broth 8 Tbsp. peanuts, dry roasted Brown rice	8-10 oz. tortellini pasta-dried, frozen or fresh 3 cups low sodium chicken broth 14 oz. can diced tomatoes 3 carrots 1 small onion 2 stalks celery 1 ½ cups fresh spinach Reduced fat Parmesan cheese 3 cloves garlic Basil Oregano Rosemary Black pepper Olive oil	Baked low fat tortilla chips Cooking spray 6 oz. 93% lean ground beef Oregano Salt ¾ cup canned diced tomatoes with adobe or chipotle 2/3 cup canned refried black beans ½ cup low fat shredded cheddar cheese ½ cup scallions 2 medium jalapeno peppers	2cups boneless, skinless chicken breast ¾ cup pasta sauce Italian seasoning 16 wonton wrappers 1 cup (4 oz) shredded 2% Mozzarella cheese .5 oz seasoned croutons 2 tsp. grated Parmesan cheese	2 cups chicken breast 1 cup diced Granny Smith apple ½ cup celery ¼ cup dried cranberries 2 Tbsp. green onion 1/3 cup light mayo 1 Tbsp. light sour cream lemon juice salt ground pepper ground cinnamon	Garlic clove medium onion 2 medium carrots 1 medium sweet red pepper 1 celery stalk 2 small zucchini 2 cups green cabbage 2 cups Swiss chard 2 cups cauliflower 2 cups broccoli fresh thyme 6 cups vegetable broth Fresh parsley or chives Salt Black pepper lemon juice