



Weight Watcher Friendly Meal Plan Week of August 16-21

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|--|--|---|--|---|
| Meal | <u>#1 Easy Chicken Parmesan</u> 7WW P+ | <u>#2 Asian Pork Burgers w/ Spinach Salad</u> 6 WW P+ | <u>#3 Garlic Shrimp Tapas</u> 1-4 WW P+ | <u>#4 Mexican Chicken Soup</u> 8 WW P+ | <u>#5 Honey Mustard Pork Chops</u> 4 WW P+ | <u>#6 Nachos Grande</u> 5 WW P+ |
| Ingredients | 3/4 c. low-fat buttermilk 1 large egg 2/3 c. whole wheat panko (Japanese bread crumbs) 4 (5 oz.) skinless boneless chicken breasts salt 1 c. fat-free marinara sauce 8 basil leaves 4 (1/2 oz.) slices part-skim mozzarella cheese 1/4 c. fresh basil Grated Parmesan cheese | 1 lb. lean ground pork reduced-sodium soy sauce 1 red onion 1 garlic clove 1 lime Fresh ginger(I just used dried ground ginger) canola oil 1 (10 oz.) bag spinach 1 cucumber | olive oil 4 garlic cloves 24 large shrimp (about 1 pound), peeled and deveined dried oregano red pepper flakes | canola oil 1 small onion 1 jalapeño pepper 2 garlic cloves ground cumin 5 cups lower-sodium chicken broth 1-1/2 pounds boneless, skinless chicken breasts 2 cups mild refrigerated fresh salsa Salt and pepper to taste. Tortilla chips (optional) | Dijon mustard honey cider or white wine vinegar black pepper 4 (5 oz.) bone-in loin pork chops, about 1 inch thick | canola oil 1 can red kidney beans 1/4 lb. lean ground turkey breast 1 small onion 1 (14 oz.) can diced tomatoes with green chilies Mexican seasoning mix salt 6 oz. reduced-fat restaurant-style tortilla chips 3/4 cup shredded reduced-fat cheddar cheese 12 pitted small black olives, sliced 1/4 cup sliced pickled jalapeno peppers 1/2 cup fat-free sour cream |