



## Weight Watcher Friendly Meal Plan Week of August 31-September 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u><a href="#">#1 Cheese Stuffed Manicotti</a></u> 10 WW P+	<u><a href="#">#2 Chicken Quesadillas w/ Corn Salsa</a></u> 8 WW P+	<u><a href="#">#3 Asian Noodle Bowl</a></u> 3 WW P+	<u><a href="#">#4 Cheddar-Stuffed Buffalo Burgers</a></u> 9 WW P+	<u><a href="#">#5 Spinach and Cheese Quiche</a></u> 4 WW P+	<u><a href="#">#6 Southwest White Chicken Chili</a></u> 7 WW P+
Ingredients	olive oil 3 garlic cloves 1 (14-1/2 ounce) can tomato puree 2 tsp. dried oregano 2 tsp. finely chopped fresh basil, or 1/2 tsp. dried 1/4 tsp. freshly ground pepper 1-1/2 c. part-skim ricotta cheese 1-1/4 c. shredded part-skim mozzarella cheese 3/4 cup grated Parmesan cheese 1 large egg 1/4 c. chopped fresh flat-leaf parsley 12 manicotti shells, cooked	1 c. frozen corn kernels 1/2 green bell pepper 1/2 tomato 2 Tbsp. chopped fresh cilantro 2 tsp. balsamic vinegar 1/4 tsp. salt 1 1/2 c. diced cooked chicken breast 1 c. shredded iceberg lettuce 1/2 c. thick-and-chunky salsa 6 (8-inch) flour tortillas 1/3 c. shredded sharp cheddar cheese	2 c. diced cooked chicken 2 c. bok choy 1/2 cup Green onion 8 oz. mushrooms, sliced 1/2 cup julienne-cut carrots 1 1-inch piece peeled 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-flavor ramen noodles	1 lb. ground buffalo meat or lean ground beef (7% fat or less) 1 small Vidalia onion, finely chopped 1 tsp. Worcestershire sauce 1/2 tsp. salt 1/8 tsp. black pepper 1/2 cup shredded reduced-fat cheddar cheese 4 English muffins, split and toasted 1 c. thinly sliced romaine lettuce 16 small tomato slices	1 (12 oz.) can evaporated fat-free milk 1/3 c. low-fat cottage cheese 1/4 c. grated Parmesan cheese 2 large eggs 3 egg whites 1/2 tsp. salt 1/4 tsp. freshly ground pepper 1 Basic Pie Crust 1 (10 oz.) box frozen chopped spinach	1 Tbsp. vegetable oil 1 lb. skinless, boneless chicken breasts 4 tsp. chili powder 2 tsp. ground cumin 1 large onion 1 medium green bell 1 can (10 1/2 z.) Condensed 98% Fat Free Cream of Chicken Soup 1 1/2 cups frozen whole kernel corn 2 cans (about 15 oz. each) canned white cannellini beans 2 Tbsp. shredded Cheddar cheese