



Weight Watcher Friendly Meal Plan Week of August 2-7

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u>#1 Maple-Glazed Chicken with Apples</u> 5WW P+	<u>#2 Tortellini in Garlic Broth with White Beans and Greens</u> 7 WW P+	<u>#3 Parmesan Turkey Meatloaf</u> 4WW P+	<u>#4 Fresh Vegetable Soup</u> 1WW P+	<u>#5 Lightened up Beef Stroganoff</u> 6 WW P+	<u>#6 Beef and Vegetable Potpie Casserole</u> 9 WW P+
Ingredients	1 cup apple cider or juice 1 firm apple 1/3 cup maple syrup 1/2 tsp. dried thyme leaves, crumbled 4 (4 oz.) thin-sliced skinless chicken breast (1/4 inch thick)	3 cups fresh or frozen cheese tortellini 3½ cups vegetable or chicken broth 4 garlic cloves 1 tsp. dried sage or rosemary leaves, crumbled 2 cups coarsely chopped cleaned spinach or other greens 1 (16 oz) can small white or navy beans, rinsed and drained 4 sun-dried tomatoes, minced ¼ cup grated Parmesan cheese	1 Tbsp. olive oil 1 onion 1-1/4 pounds ground skinless turkey 4 slices whole wheat bread 1/2 cup fat-free milk 1 egg white 3 Tbsp. ketchup 2 Tbsp. grated Parmesan cheese 1 tsp. minced fresh garlic 1 Tbsp. finely chopped fresh basil, or 1/2 tsp. dried 1/4 tsp. dried thyme 1/4 tsp. freshly ground pepper	2 cloves garlic clove 1 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, small florets 2 cups broccoli, small florets 2 tsp thyme, fresh 6 cups vegetable broth 2 Tbsp parsley, or chives, fresh, chopped ½ tsp table salt ¼ tsp black pepper 2 Tbsp fresh lemon juice, optional	1 lb. lean ground beef 1 med. onion 1 T. Cornstarch 1 tsp. garlic powder 1 tsp. salt ½ tsp. black pepper 2 cans cream of mushroom soup 1 (16 oz.) pkg. dried egg noodles 1 cup sour cream (or plain yogurt)	2 tsp. canola oil 1 pound lean beef top round 1 onion 2 celery stalks 2 Tbsp. + 1 tsp. all-purpose flour 2-1/2 cups reduced-sodium beef broth 1/2 pound red new potatoes 1 cup baby-cut carrots, halved 1 Tbsp. Worcestershire sauce 1 cup frozen peas 1/2 (15 oz.) package refrigerated pie crust