



Weight Watcher Friendly Meal Plan Week of September 27-October 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u>#1 Southwestern Chicken-Bean Salad</u> <u>7 WW P+</u>	<u>#2 Turkey Club Salad with Creamy Peppercorn Dressing</u> <u>8 WW P+</u>	<u>#3 Sweet and Sour Slow Cooker Turkey Meatballs</u> <u>6 WW P+</u>	<u>#4 Zucchini Lasagna</u> <u>9 WW P+</u>	<u>#5 Chili-Rubbed Salmon with Mango-Peach Salsa</u> <u>7 WW P+</u>	<u>#6 Whole Roast Chicken with Garlic and Rosemary</u> <u>4 WW P+</u>
Ingredients	1 (15.5 oz) can black beans 2 ears of corn Green onions ½ red bell pepper ½ green bell pepper Lime juice (or 1 lime) Canola oil ½ lb. cooked skinless boneless chicken breasts ¼ c. fresh cilantro 2 Tbsp. reduced-sodium taco seasoning (from 1.25 oz. packet) ¼ c. light sour cream (optional)	6 slices turkey bacon ½ c. reduced-calorie mayonnaise ¼ c. fat-free half-and-half 1 Tbsp. lemon juice (or 1 lemon) 1 tsp. Dijon mustard ¼ tsp. black pepper 8 c. lightly packed torn romaine lettuce 2 c. cubed cooked skinless turkey breast 10 cherry tomatoes 1 c. plain fat-free croutons	1 24 ounce bag of frozen turkey meatballs 1 18 ounce jar of grape jelly (sugar free) 1 10 ounce jar of chili sauce	1 lb 93% lean beef 3 cloves garlic 1/2 onion 1 tsp olive oil salt and pepper 28 oz can crushed tomatoes 2 Tbsp fresh basil 3 medium zucchini 15 oz part-skim ricotta 16 oz part-skim mozzarella cheese, shredded (Sargento) 1/4 cup Parmigiano Reggiano 1 large egg	1 large peach ¾ c. mango ¼ c. red onion 2 Tbsp. cilantro 1 small jalapeno pepper 2 tsp. lime juice ¾ tsp. salt ½ tsp. honey ½ tsp. EVOO 1 tsp. ancho chile powder 1 tsp. ground cumin ½ tsp. dried oregano 4 (1/2 lb.) skinless salmon fillets	4 garlic cloves 1 lemon 1-1/2 Tbsp. chopped fresh rosemary 2 tsp. olive oil ¾ tsp. salt ¼ tsp. red pepper flakes 1 (3-1/2 lb.) chicken, giblets discarded