



## Weight Watcher Friendly Meal Plan Week of October 11-17

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u><a href="#">#1 Blue Cheese Chicken Burgers</a></u> <u>7 WW P+</u>	<u><a href="#">#2 Beef and Broccoli Stir-fry</a></u> <u>5 WW P+</u>	<u><a href="#">#3 Tuna-Noodle Casserole</a></u> <u>8 WW P+</u>	<u><a href="#">#4 Tex-Mex Rice and Bean Casserole</a></u> <u>5 WW P+</u>	<u><a href="#">#5 Chicken and Dumplings w/ Sage</a></u> <u>8 WW P+</u>	<u><a href="#">#6 Basil-Stuffed Chicken with Fresh Tomato Sauce</a></u> <u>4 WW P+</u>
Ingredients	¼ c. barbecue sauce 1-1/2 tsp. hot pepper sauce 1 lb. ground skinless chicken breast 1 onion ¼ c. plain dried bread crumbs 1 small garlic clove ½ tsp. salt 2 c. lightly packed thinly sliced romaine lettuce 1 large tomato 4 light hamburger buns 2 Tbsp. crumbled blue cheese	2-1/2 Tbsp. cornstarch 1/4 tsp. salt ¾ lb. lean sirloin steak (thinly sliced) 2 tsp. canola oil 1 c. reduced-sodium chicken broth 5 c. small broccoli florets 1/2 Tbsp. fresh ginger 2 large garlic cloves ¼ tsp. red pepper flakes ¼ c. reduced-sodium soy sauce	1 (16 oz) container fat-free sour cream ½ c. fat-free mayonnaise 2 tsp. Dijon mustard 2 tsp. chopped fresh flat-leaf parsley ½ tsp. salt ¼ tsp. black pepper 12 oz. egg noodles 2 cups white mushrooms, sliced 1 c. frozen green peas 1 (12 oz) can tuna packed in water ½ c. shredded reduced-fat Monterey Jack or Swiss cheese Saltine or oyster crackers (optional)	1 c. drained canned or frozen corn kernels 1 (15.5 oz) can pinto beans 1 c. instant brown rice 1 c. shredded reduced-fat Mexican cheese blend ¾ c. fat-free sour cream 1 Tbsp. canned chopped mild or hot green chiles ¼ tsp. chili powder ¼ tsp. salt 1/8 tsp. black pepper 2 Tbsp. green onion 1 tomato (optional)	2 tsp. canola oil 1 lb. skinless boneless chicken breasts 1 onion 2 carrots 2 celery stalks 3 ½ c. reduced-sodium chicken broth 1 (1/2 pound) baking potato ¼ c. green beans 1 c. frozen peas 1 2/3 c. reduced-fat all-purpose baking mix 2/3 c. fat-free milk 1 tsp. fresh sage (or ½ tsp. dried) ½ tsp. coarsely ground black pepper	4-5 tomatoes 1/2 Tbsp. fresh oregano 1/8 tsp. salt 1/8 tsp. black pepper 4 Tbsp. fresh basil or 2 Tbsp. dried basil 2 Tbsp. capers 1 lemon or ¼ c. lemon juice 4 (5 oz) skinless boneless chicken breasts ¼ c. Parmesan cheese