



## Weight Watcher Friendly Meal Plan Week of October 25

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u><a href="#">#1 Barbecue Meatloaf</a></u> <u>6 WW P+</u>	<u><a href="#">#2 Pork Chops with Dijon Cream Sauce</a></u> <u>5 WW P+</u>	<u><a href="#">#3 Chili Cornbread Casserole</a></u> <u>7 WW P+</u>	<u><a href="#">#4 Tomato-Cheese Ravioli Soup</a></u> <u>8 WW P+</u>	<u><a href="#">#5 Tacos</a></u>	<u><a href="#">#6 Potato Bar</a></u> <u>4-7 WW P+</u>
Ingredients	1 lb. 90-93% lean ground beef ½ c. barbecue sauce ¼ c. chopped onion ¼ c. Italian-seasoned dry breadcrumbs 2 egg whites ¼ tsp. pepper	4 (4 oz.) boneless center-cut pork loin chops (1/2 inch thick) ½ tsp. salt ½ tsp. coarsely ground pepper Cooking spray 1/3 c. fat-free, reduced-sodium chicken broth 1 ½ Tbsp. Dijon mustard 1/3 c. fat-free half-and-half or fat-free evaporated milk	Cooking spray 1 medium onion 1 (15 oz.) can low-fat chili beef soup 1 (11 oz.) can Mexican-style corn 1 c. (4 oz.) shredded reduced-fat Mexican blend cheese 1 (6-8.5 oz.) package cornbread mix	2 (14.5 oz) cans diced tomatoes 1 (14.5 oz) can fat-free, reduced sodium chicken broth 1 chicken bouillon cube ½ tsp. dried Italian seasoning 3 c. frozen cheese ravioli 1 small zucchini ¼ tsp. ground pepper	1 lb. ground beef Taco seasoning Taco shells  Other options: 1 c. Shredded Mexican blend cheese 1 tomato Shredded lettuce sour cream (optional)  (Make according to the directions on the taco seasoning packet)	Potatoes  Other options: Shredded cheddar cheese Green onions Turkey bacon Butter Salt Pepper Salsa Sour cream