



## Weight Watcher Friendly Meal Plan Week of November 8-14

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u><a href="#">#1 Breaded Baked Pork Tenders</a></u> 5 WW P+	<u><a href="#">#2 Southwest White Chicken Chili</a></u> 7 WW P+	<u><a href="#">#3 Beef and Vegetable Potpie Casserole</a></u> 9 WW P+	<u><a href="#">#4 Easy Chicken Parmesan</a></u> 7 WW P+	<u><a href="#">#5 Tilapia</a></u> 3 WW P+	<u><a href="#">#6 Chicken Teriyaki Stir Fry</a></u> 4 WW P+
Ingredients	1 lb. pork tenderloin 1/2 cup dry breadcrumbs 1 teaspoon sugar 1/2 teaspoon paprika 1/2 teaspoon onion powder 1/2 teaspoon salt 4 teaspoons canola oil 1 large egg white, lightly beaten 4 teaspoons cornstarch	1 Tbsp. canola oil 1 lb. skinless, boneless chicken breast 4 tsp. chili powder 2 tsp. ground cumin 1 large onion 1 medium green bell pepper 1 can Condensed 98% Fat Free Cream of Chicken Soup 1½ cups frozen whole kernel corn 2 cans (about 15 oz. each) white cannellini beans 2 Tbsp. shredded Cheddar cheese	2 tsp. canola oil 1 lb. lean beef top round 1 onion 2 celery stalks 2 Tbsp. + 1 tsp. all-purpose flour 2-1/2 c. reduced-sodium beef broth 1/2 lb. red new potatoes 1 c. baby-cut carrots 1 Tbsp. Worcestershire sauce 1 c. frozen peas 1/2 (15 oz.) package refrigerated pie crust	3/4 cup low-fat buttermilk 1 large egg white 2/3 cup whole wheat panko (Japanese breadcrumbs) 4 (5 oz.) skinless boneless chicken breasts 1/4 tsp. salt 1 c. fat-free marinara sauce 8 basil leaves 4 (1/2 oz.) slices part-skim mozzarella cheese 1/4 cup chopped fresh basil 1 Tbsp. grated Parmesan cheese	Tilapia Lemon Juice Soy Sauce Extra Virgin Olive Oil	1 bag of frozen Teriyaki Stir Fry (like the Fusia kind at Aldi) 1 lb. grilled chicken breast