

Weight Watcher Friendly Meal Plan Week of November 23-28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Greek Lemon Chicken Soup</u> 6 WW P+	<u>Feta-Stuffed Chicken Breasts</u> 4 WW P+	<u>Turkey Club Salad</u> 8 WW P+	<u>Chicken and Corn Chowder</u> 7 WW P+	<u>Spinach Pasta in Tomato Sauce</u> 9 WW P+	<u>Southwestern Green Chile Cheeseburgers</u> 9 WW P+
2 cups chopped cooked chicken 2 medium carrots, coarsely chopped 1/2 c. chopped onion 1/4 c. lemon juice 2 Tbs. snipped fresh parsley 1 garlic clove, pressed 1 (10 3/4 oz) can 98% fat-free reduced-sodium condensed cream of chicken soup 3 (14 1/2 oz) cans 100% fat-free chicken broth 1/4 tsp ground black pepper 2/3 cup uncooked long-grain white rice	4 skinless, boneless chicken breast halves (1-1 1/2 lb. total) 1/4 c. crumbled feta cheese 2 Tbsp. (or 1 oz.) softened fat-free cream cheese 1/2 tsp. dried basil 1/8 tsp. black pepper 2 tsp. olive oil Salad greens Bottled reduced-fat vinaigrette	6 slices turkey bacon 1/2 c. reduced-calorie mayonnaise 1/4 c. fat-free half-and-half 1 Tbsp. lemon juice (or 1 lemon) 1 tsp. Dijon mustard 1/4 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	12 oz. skinless, boneless chicken breast halves or chicken thighs 1 1/2 c. frozen kernel corn 1 (32 oz.) box reduced-sodium chicken broth 1/2 c. chopped green bell pepper 1 c. instant mashed potato flakes 1 c. milk Salt Black Pepper	8 oz. Spinach noodles 2 Tbsp. olive oil 1 pint grape or cherry tomatoes 3/4 c. fresh basil 4 cloves garlic 1/2 c. chicken broth 1 tsp. sugar Salt Black Pepper 1/2 c. Feta cheese	1 lb. ground lean beef (7% fat or less) 1/2 c. fat-free salsa verde 1 1/2 tsp. chili powder 1/2 tsp. salt 4 thin slices Swiss cheese 4 light English muffins Optional garnish foods: Onion, tomato, or lettuce