







Weight Watcher Friendly Meal Plan Week of December 6-13

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|--|
|  |  |  |  |  |  |
| <u>Southern-Fried Chicken Salad</u> 6 WW P+ | <u>Grilled Lemon Chicken with Tabbouleh</u> 4 WW P+ | <u>Easy Pasta Carbonara</u> 9WW P+ | <u>Hearty Chicken Quesadilla Soup</u> 5 WW P+ | <u>California Wraps</u> 6 WW P+ | <u>Shrimp and Linguine</u> 8 WW P+ |
| 4 boneless, skinless chicken breasts 1/2 tsp. <i>each</i> salt and coarsely ground black pepper, divided 4 cups corn flake cereal 1/2 cup plain Greek yogurt 1/4 cup honey 1/4 cup Dijon mustard 1 Tbsp cider vinegar 2 1/2 tbsp canola oil 4 medium stalks celery 2 medium carrots 2 medium red apples such as Fuji 3 green onions with tops 6 cups chopped romaine lettuce 1/4 cup toasted pecan halves, coarsely chopped (optional) | <u>Tabbouleh</u> 1 tablespoons olive oil 1/2 teaspoon salt 1 cup uncooked bulghur wheat 1 large tomato, seeded and diced (1 cup) 1/4 cup sliced green onions with tops 1 cup snipped fresh parsley 2 Tbsp snipped fresh mint (optional) 1-2 lemons <u>Lemon Chicken</u> 4 boneless, skinless chicken breast halves (4 ounces each) 1 tablespoon olive oil 1 teaspoon lemon pepper seasoning | 1/2 of a 12-oz pkg uncooked turkey bacon 1 medium onion 4 garlic cloves 1/2 tsp crushed red pepper flakes (optional) 1 pkg (14.5 oz) uncooked multigrain bow-tie pasta 1 carton (32 oz) unsalted chicken stock 1 can (12 oz) fat-free evaporated milk 1 oz fresh Parmesan cheese 4 oz reduced-fat cream cheese (Neufchâtel) 1 1/2 cups frozen peas, thawed | 5 (6-in) corn tortillas 1 jalapeño pepper 2 cans (14.5 oz each) fire-roasted diced tomatoes, undrained 3 cups unsalted chicken stock 3 cups diced cooked chicken 1 bag (12 oz) frozen Southwestern corn blend 2 tbsp ground cumin 4 garlic cloves 1 tsp black pepper 1 cup fresh cilantro leaves 3 oz Monterey Jack cheese (3/4 cup) | 1 large tomato, seeded and diced 6 Tbsp thinly sliced green onions with tops 1 medium ripe avocado 1 Tbsp reduced-fat sour cream 1/2 tsp lemon juice 1/8 tsp salt 6 (8-inch) fat-free flour tortillas 6-12 large lettuce leaves 8 oz thinly sliced reduced-fat deli smoked turkey 1 pkg (4 ounces) salad sprouts 6 Tbsp shredded reduced-fat cheddar cheese | 3/4 lb uncooked medium shrimp (about 20-30) 2 medium carrots 2 large plum tomatoes 1/4 c. sliced green onions with tops 1/3 cup grated fresh Parmesan cheese 8 oz. linguine 1 tsp. olive oil 2 garlic cloves 3/4 c. reduced-fat sour cream 1/2 c. fat-free evaporated milk 1/4 c. snipped fresh basil leaves 1/2 tsp. salt 1/4 tsp. black pepper |