

## Weight Watcher Friendly Meal Plan Week of January 3-9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u><b>Shepherd's Pie</b></u> 5 WW SP	<u><b>Easy barbecue Chicken</b></u> 3 WW SP	<u><b>Oven Fried Fish</b></u> 3 WW SP	<u><b>Chicken Fried Rice</b></u> 2 WW SP	<u><b>Parmesan Chicken with Mushroom Wine Sauce</b></u> 2 WW SP	<u><b>Easy chicken Tortilla Soup</b></u> 2 WW SP
2 large potatoes ¼ c. non-fat sour cream 1 tbsp. reduced-calorie margarine ½ + 1/8 tsp table salt 2 tsp. olive oil 1 cup onion, chopped 2 medium carrots, diced 2 medium ribs celery, diced 1 lb. ground turkey breast 3 tbsp. all-purpose flour 1 tbsp. fresh rosemary or 1 tsp. dried rosemary 1 tsp. dried thyme ¼ tsp. black pepper 2 cups canned chicken broth or beef broth	½ cup ketchup 2 tbsp. onion, finely chopped 2 tbsp. peach or apricot preserves 2 tbsp. white vinegar 1 tsp Worcestershire sauce 1 ½ tsp. chili powder 1/8 tsp. garlic powder Cooking spray 16 oz. chicken breast, halves (bone-in)	1 ½ lb. fresh haddock, tilapia fillets, or other white fish ¼ cup white cornmeal, or yellow ¼ cup dry Italian bread crumbs ½ tsp dried dill 1/3 tsp. salt 1/8 tsp. black pepper ½ tsp. paprika 1/8 cup skim milk 3 tbsp. butter	Cooking Spray 4 large egg white ½ cup scallions 2 medium garlic cloves 12 oz. skinless, boneless chicken breast ½ cup carrots, diced 2 cups cooked brown rice ½ cup frozen green peas 3 tbsp. low-sodium soy sauce	2 tbsp. flour 2 tbsp. parmesan cheese, grated ½ tsp. salt ¼ tsp. pepper 16 oz. chicken breast 1 tbsp. olive oil 2 cups onion, diced 2 cups mushrooms, sliced ½ tsp. basil 2 tbsp. dry white wine or white grape juice 2 tbsp. water	1 tsp. canola oil 1 onion, chopped 1 green bell pepper, seeded and chopped 2 clove garlic, minced 3 cups reduced-sodium chicken broth 1 can (14.5 oz) tomatoes and diced green chiles 1 pkg. (10 oz) frozen corn kernels 1 tsp. chili seasoning mix 1 ½ cups cooked chicken breast, chopped ¼ cup fresh cilantro 8 large baked corn tortilla chips