

Weight Watcher Friendly Meal Plan

Week of January 17-24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Easy Chicken Parmesan w/ Basil</u> 6 WW SP	<u>Greek Lemon Chicken Rice Soup</u> 2 WW SP	<u>Black Bean Burgers</u> 7 WW SP	<u>Feta Stuffed Chicken</u> 2 WW SP	<u>Slow Cooker Chili</u> 3 WW SP	<u>Pork Chops with Dijon Mustard</u> 4 WW SP
<p>3/4 cup low-fat buttermilk 1 large egg white 2/3 cup whole wheat panko (Japanese bread crumbs) 4 (5 oz.) skinless boneless chicken breasts 1/4 tsp. salt 1 cup 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</p>	<p>2 cups chopped cooked chicken 2 medium carrots 1/2 c. chopped onion 1/4 c. lemon juice 2 Tbs. 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</p>	<p>Cooking Spray 1 tsp. Vegetable Oil 1/2 cup diced zucchini 1/2 cup diced yellow onion 1/2 cup diced carrot 2 Tbsp. Ketchup 2 Tbsp. Barbecue Sauce 2 c. Quick Oats 2 Tbsp Original Applesauce 1 tsp. Italian Seasoning 1/2 tsp. Garlic Powder 1/2 tsp. Onion Powder 3/4 tsp. Ground Cumin 3/4 tsp. Paprika 3/4 tsp. Chili Powder 1/2 tsp, salt 1 tsp. pepper 3 (15.5-oz.) cans Black Beans 2 Tbsp.chopped cilantro 1 lime, zested and juiced 1/2 cup Nonfat Greek Yogurt 16 slices 100% Whole Wheat Wide Pan Bread 1 avocado 1 tomato 1 red onion 1/4 romaine heart</p>	<p>1 Tbsp. Spaghetti sauce 4 skinless, boneless chicken breast halves (1-1.5 pounds) 1/4 c. crumbled feta cheese (1 ounce) 2 Tbsp. softened fat-free cream cheese (1 ounce) 2 tsp. snipped fresh basil or 1/2 tsp. dried basil 1/8 tsp. ground pepper 2 tsp. olive oil Salad greens Bottled reduced-fat vinaigrette</p>	<p>1 onion chopped 2 cans (14.5 oz. each) kidney beans 1 (8 oz.) can tomato sauce 1 packet of chili seasoning 1 lb 90% lean ground beef cooked, and drained 2 cups fat-free salsa</p>	<p>4 (4 oz) boneless center-cut pork loin chops (1/2 inch thick) 1/2 tsp. salt 1/2 tsp. ground pepper Cooking spray 1/3 c. fat-free, reduced-sodium chicken broth 1 1/2 Tbsp. Dijon mustard 1/3 c. fat-free half-and-half or fat-free evaporated milk</p>

