

Weight Watcher Friendly Meal Plan

Week of January 31-February 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Turkey Club Salad w/ CP Dressing</u> 6 WW SP	<u>Southwest Green Chile Cheeseburger</u> 6 WW SP	<u>Tortellini Chicken Soup</u> 2 WW SP	<u>Sweet, Lemony and Fabulous Tilapia</u> 8 WW SP	<u>Skinny Pepperoni Pizza Chicken</u> 4 WW SP	<u>Beef and Bean Enchilada Casserole</u> 5 WW SP
6 slices turkey bacon ½ c. reduced-calorie mayonnaise ¼ c. fat-free half-and-half 1 Tbsp. lemon juice (or 1 lemon) 1 tsp. Dijon mustard ¼ 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	1 lb. ground lean beef (7% fat or less) 1/2 cup fat-free salsa verde 1 1/2 tsp. chili powder 1/2 tsp. salt 6 (1/2 oz.) slices thin sliced Swiss cheese 6 light English muffins, split 6 thin slices red onion (opt.) 12 slices tomato (opt.) 6 lettuce leaves (opt.)	1 cup carrots, sliced 1/2 cup onions, chopped 1/2 cup celery, thinly sliced 1 lb boneless, skinless chicken breasts, cut into 1/2-in. cubes 1 can (46 oz) chicken broth 1 cup cheese-filled tortellini, uncooked 1/2 tsp dried thyme leaves 1/4 tsp ground black pepper 1 bay leaf 2 tbsp fresh parsley, snipped	2/3 cup Panko bread crumbs 1/2 t. salt 1/4 t. ground black pepper 4 T. fresh lemon juice 4 T. honey 1 t. Tabasco Sauce 4 pieces tilapia (5 oz each) 4 t. flour 4 t. extra virgin olive oil Cooking spray	2/3 cup onions, diced 1 1/3 cup pizza sauce or pasta sauce 8 slices Hormel's 70% less fat turkey pepperoni 4 chicken breasts (4 ounces each) 1 cup reduced-fat mozzarella cheese, shredded	8 oz. (½ of a 1-pound package) extra lean ground beef, or lean ground turkey 1 c. onions, chopped 1 clove garlic, minced 1 t. chili powder ½ t. ground cumin 1 (15-oz) can black beans 1 (4-oz) can Fire Roasted Diced Green Chiles 1 c. fat free sour cream ½ c. fresh corn kernels (cut from 1 cob) or ½ c. frozen and thawed ¼ c. fat-free cottage cheese ¼ t. garlic powder 8 (6-inch) Mission yellow corn tortillas, extra thin 1 (10-oz) can enchilada sauce ¾ c. tomatoes 2-3 green onions ½ c. shredded reduced-fat cheddar cheese

