




## Weight Watcher Friendly Meal Plan Week of February 28-March 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<b><u>Buttermilk Oven "Fried" Chicken</u></b> 7 WW SP	<b><u>BLT Salad with Avocado</u></b> 5 WW SP	<b><u>Cheesy Baked Penne with Eggplant</u></b> 8 WW SP	<b><u>Teriyaki-Glazed Grilled Pork Chops with Pineapple Salsa</u></b> 5 WW SP	<b><u>Mongolian Beef and Broccoli</u></b> 7 WW SP	<b><u>"Un"stuffed Cabbage Soup</u></b> 3 WW SP
8 chicken drumsticks (about 3.5 oz. each), skinned 2 t. kosher salt 2 t. sweet paprika ½ t. poultry seasoning ¾ t. garlic powder 1/8 t. ground pepper 1 c. buttermilk Juice of ½ of lemon Cooking Spray 2/3 c. panko bread crumbs ½ c. crushed cornflake crumbs 2 T. grated Parmesan cheese 1 t. dried parsley flakes ½ t. onion powder ¼ t. chili powder	12 slices lean center cut bacon, cooked and chopped 4 Roma tomatoes, chopped ¼ cup light mayonnaise (I use Hellman's) 1/8 tsp kosher salt fresh black pepper, to taste 6 cups chopped Romaine lettuce 4 oz (1 medium) hass avocado, diced	Olive Oil or Oil Mister 1 c. (8 oz) fat-free ricotta cheese 2 c. shredded part-skim mozzarella cheese (8 oz.) ½ c. grated Pecorino Romano Cheese ¼ c. chopped fresh parsley 1 T. Olive oil 4 garlic cloves, roughly chopped 1 eggplant (16 oz) 2 t. kosher salt Ground black pepper 3 ½ c. canned crushed tomatoes 2 T. chopped fresh basil 12 oz. penne rigate pasta, wheat of gluten-free	½ c. pineapple juice 3 T. + 4 t. reduced-sodium soy sauce (or tamari for gluten-free) 1 large +1 small garlic clove 1 t. grated fresh ginger 5 boneless pork loin chops (4 oz. each) 1 t. cornstarch 2 T. dark brown sugar 1 1/3 c. fresh pineapple, cut into ½-inch cubes 1 fresh jalapeno pepper 2 T. red onion 1 T. fresh cilantro Cooking spray or oil mister	2 t. cornstarch 3 T. + 2 t. reduced-sodium soy sauce (or tamari for gluten-free) 2 t. rice wine 4 t. sesame oil 1 lb. sirloin steak ¼ t. kosher salt 4 c. broccoli florets 4 medium scallions, cut into 1-inch pieces; white and greens separated 1 T. minced garlic ½ t. fresh ginger 2 T. dark brown sugar 1 T. oyster sauce (read to make sure this is gluten-free, if necessary)	1 lb. 93% lean ground beef 1 1/8 t. kosher salt 1 large white onion, finely chopped 3 garlic cloves, minced 1 ½ t. sweet paprika ½ t. dried thyme 2 (14.5 oz.) cans petite diced tomatoes 1 (8 oz.) can tomato sauce 5 c. Swanson unsalted cooking beef stock (read the label to be sure this is gluten-free, if necessary) 4 c. chopped green cabbage Black pepper 1 c. cooked brown rice