

## Weight Watcher Friendly Meal Plan

### Week of March 13- 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u><b>Skillet Chicken Cordon Bleu</b></u> 5 WW SP	<u><b>Teriyaki Chicken and Rice Casserole</b></u> 7 WW SP	<u><b>Buffalo Chicken Pasta Salad</b></u> 7 WW SP	<u><b>Chicken Parmesan Bundles</b></u> 5 WW SP	<u><b>Crock Pot Low-Fat Beef Stew</b></u> 7 WW SP	<u><b>Bacon Cheeseburger Wraps</b></u> 8 WW SP
4 thin boneless, skinless cutlets, 4 oz each 1/2 teaspoon kosher salt 1/4 cup all purpose flour 1/2 teaspoon butter 1 1/2 teaspoons olive oil 2/3 cup reduced sodium chicken broth 1 tbsp fresh lemon juice 1/2 tablespoon Dijon mustard 4 thin slices low sodium deli ham, I use Boar's Head (3 oz total) 4 slices light Swiss Cheese such as Alpine Lace (3 oz total) chopped fresh parsley, for garnish	3/4 c. low sodium soy sauce 1/2 c. water 1/3 c. packed brown sugar 1 T. honey 3/4 t. ground ginger 1 t. olive oil 1/2 t. minced garlic 2 T. corn starch 2 T. water 1 1/2 lbs. boneless skinless chicken breasts 32 oz. frozen mixed vegetables (look for the un-sauced stir fry or Asian varieties that only include zero-point veggies for WW) 1 c. canned pineapple tidbits or chunks 3 c. cooked brown rice	12 oz. dry wheat pasta (I used Farfalle) 12 oz. chopped cooked boneless, skinless chicken breasts (mine was grilled) 4 c. chopped Romaine lettuce 1 celery stalk 1 1/2 c. shredded carrots 1/2 c. plain fat free Greek yogurt 2 oz. crumbled blue cheese 1/3 c. light blue cheese dressing (I used Marzetti Light) 1/3 c. Buffalo wing sauce (adjust to taste if desired)	1/2 c. Philadelphia 95% Fat Free Cream Cheese 1 pkg. (10.5 oz.) frozen chopped spinach 3/4 c. Cracker Barrel Shredded Part Skim Mozzarella Cheese 6 T. Parmesan Light Grated Cheese 6 small boneless skinless chicken breasts (1-1/2 lb.) 1 egg white 1/3 c. dry whole wheat bread crumbs 1 c. lower-sodium pasta sauce	1 lb. lean beef stew meat, cubed 2 T. flour 1 c. red wine, (optional non-alcoholic wine or vegetable broth) 1 t. salt 1/2 t. black pepper 2 T. extra-virgin olive oil 1 medium onion 1 clove garlic 2 medium potatoes 2 medium carrots 2 celery stalks 1/2 cup red peppers 2 bay leaves 6 sprigs of thyme, remove leaves from 4 sprigs 2 c. beef broth, fat-free and low-sodium 1 (14-ounce) can fire-roasted diced tomatoes	1 lb 95% lean ground beef (raw weight) 1 T. McCormick Hamburger Seasoning 4 Laughing Cow Light Queso Fresco & Chipotle Wedges 2 T. Ketchup 2 t. Yellow Mustard 1/3 c. 2% shredded sharp cheddar cheese 2 T. Hormel Real Bacon Bits 4 light original <a href="#">Flatouts</a> 1/2 a medium tomato, cut into pieces 1 – 1 1/2 c. shredded lettuce