

Weight Watcher Friendly Meal Plan Week of March 27 - April 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Lasagna Soup</u> 4 WW SP	<u>Chicken and Gravy</u> 2 WW SP	<u>Homestyle Meatloaf</u> 2 WW SP	<u>Hearty Beef Stew</u> 6 WW SP	<u>Mel's Pork Chops</u> 6 WW SP	<u>Taco Soup</u> 4 WW SP
<p>1 lb. Italian turkey or chicken sausage, casings removed</p> <p>1 c. chopped onion</p> <p>1 green or red bell pepper, chopped</p> <p>1 c. chopped fresh mushrooms</p> <p>3 cloves garlic, minced</p> <p>4 c. chicken broth</p> <p>1 can (14-15 oz.) tomato sauce</p> <p>1 can (14-15 oz.) petite diced tomatoes</p> <p>½ t. salt</p> <p>¼ t. crushed red pepper</p> <p>3 oz. broken whole-wheat lasagna noodles (about 3 to 4 noodles)</p> <p>½ c. chopped fresh basil</p> <p>½ c. reduced-fat shredded mozzarella cheese</p> <p>3 T. grated parmesan cheese</p>	<p>6 boneless skinless chicken breasts (5-6 oz., about 2 lbs.)</p> <p>2 packages chicken gravy mix (i.e. McCormick)</p> <p>1 can (10 ¾ oz.) low-fat, low-sodium cream of chicken soup (i.e. Campbell's Healthy Request)</p> <p>2 cups water</p> <p>fresh ground pepper to taste</p>	<p>1 c. finely chopped onion</p> <p>½ c. finely chopped celery</p> <p>¼ c. shredded carrot</p> <p>1 large egg</p> <p>1 ½ lb. extra-lean ground beef</p> <p>½ c. quick cooking oats</p> <p>½ c. ketchup or chili sauce</p> <p>1 T. garlic powder</p> <p>1 t. dried thyme</p> <p>1 t. salt</p> <p>½ t. freshly ground black pepper</p>	<p>2 lb. lean stew beef</p> <p>1 t. salt</p> <p>½ t. ground black pepper</p> <p>1/3 c. all-purpose flour</p> <p>1 ½ c. beef broth</p> <p>½ c. tomato sauce (4 oz. canned)</p> <p>4 medium red potatoes</p> <p>2 medium onions</p> <p>1 c. baby carrots</p> <p>2 c. frozen corn kernels</p> <p>2 cans (about 15 oz. each) cut canned string beans</p> <p>4 cloves garlic</p> <p>2 sprigs fresh thyme or 1 t. dried thyme leaves crushed</p> <p>¼ c. chopped fresh parsley</p>	<p>4 pork chops, about 1-inch thick (5 oz. each)</p> <p>Salt and Pepper to taste</p> <p>2 cloves garlic, finely minced</p> <p>¼ c. reduced-sodium soy sauce</p> <p>¼ c. low-sodium chicken broth</p> <p>2 T. packed light brown sugar</p> <p>¼ t. red pepper flakes</p> <p>1 T. instant tapioca</p>	<p>1 lb. lean ground beef (at least 93% lean)</p> <p>1 c. chopped onion (1 medium sized onion)</p> <p>1 can (14-15 oz.) Mexican-style diced tomatoes</p> <p>1 can (10 oz.) tomatoes with chiles</p> <p>2 cans (14-15 oz. each) beans (kidney, pinto, black or chili)</p> <p>1 can (11-16 oz.) corn</p> <p>2 c. water</p> <p>1 pkg. (1.25 oz) reduced-sodium taco seasoning</p> <p>1 pkg. (1 oz) ranch dressing mix</p> <p>Optional: chopped avocado, light sour cream, Reduced fat shredded cheese, pico de gallo or salsa, fresh cilantro, and tortilla chips</p>

