

*Weight Watcher Friendly Meal Plan
Week of April 10-16*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Hoisin Grilled Steak</u> 5 WW SP	<u>Sausage and Spinach Soup</u> 6 WW SP	<u>Dijon-Garlic Shrimp</u> 3 WW SP	<u>Barley Sausage Skillet</u> 6 WW SP	<u>Chicken Cobb Salad</u> 8 WW SP	<u>Turkey and Cheese Panini</u> 5 WW SP
2 T. hoisin sauce 1 T. apricot preserves 1 lime 1/8 t. crushed red pepper 1 lb. top sirloin	10 oz. sweet or hot turkey Italian sausage Cooking spray 1 onion 4 garlic garlic cloves 1 (15 oz.) can cannellini beans 1 (14.5 oz) can stewed tomatoes 1 (14 oz.) can fat-free less sodium chicken broth 2 c. baby spinach 1 T. chopped fresh basil 2 t. chopped fresh oregano 2 T. grated Parmesan cheese	1-1/2 T. Dijon mustard 1 T. honey 2 T. fresh lemon juice 1 garlic clove, minced 1 lb. large shrimp, peeled and deveined	1 (14 oz.) can fat-free less-sodium chicken broth 1 c. quick-cooking barley Cooking spray 8 oz. sweet or hot turkey Italian sausage 1 t. olive oil 1 onion 1 red bell pepper 1 (8 oz) pkg. sliced mushrooms 4 garlic cloves 1/4 c. thinly sliced fresh basil 1/8 t. black pepper 2 T. Madeira wine	Cooking spray 1 1/2 lb. skinless, boneless chicken breasts 1/4 t. salt 1/4 t. black pepper 8 c. mixed greens 1 c. cherry tomatoes, halved 1 avocado 4 green onions 1/3 c. fat-free Italian dressing 2 T. crumbled blue cheese 1 bacon slice	2 T. fat-free mayonnaise 4 t. basil pesto 8 (1-oz.) thin slices sourdough bread or low calorie bread (such as Healthy Life, which is just 1 smart point per slice) 8 oz. Deli sliced turkey breast 4 slices reduced fat provolone cheese 1 tomato Cooking Spray