

*Frugal Weight Watcher Friendly Meal Plan*  
*Week of May 22-28*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<b><u>Cheesy Italian Cauliflower Bake</u></b> 7 WW SP	<b><u>Turkey Taco Salad</u></b> 3 WW SP	<b><u>Easy Baked Tilapia</u></b> 3 WW SP	<b><u>Grilled Chicken w/ Fire Roasted Veggies</u></b> 6 WW SP	<b><u>Spinach and Feta Stuffed Chicken</u></b> 5 WW SP	<b><u>Pizza Burgers</u></b> 8 WW SP
1 head of cauliflower (about 2 pounds) 1 T. olive oil 3 cloves of garlic (about 1-1/2 t. of jarred garlic) 2 c. spaghetti sauce 6 slices provolone cheese 1 lb. 95% lean ground beef	1 lb. 99% fat-free ground turkey 1 medium sweet red pepper, chopped 1 medium sweet yellow pepper, chopped 1/3 c. chopped onion 1 1/2 c. salsa 2 t. chili powder 1 t. ground cumin 5-8 c. torn romaine 10 tortilla chips 5 T. shredded cheddar cheese	1/2 c. Italian breadcrumbs 1/4 c. Parmesan cheese 1 lb. tilapia fillets	1 (12 oz.) bag Green Giant Fire Roasted corn blend, peppers and onions 1 lb. skinless, boneless chicken breasts 1-2 t. Southwestern seasoning Salt and Pepper to taste	1 T. + 1 1/2 t. olive oil 1 c. chopped yellow onion 5 oz. baby spinach 2 oz. (about 1/2 cup) crumbled feta cheese 4 (6 oz.) skinless, boneless chicken breasts 1/2 t. kosher salt 1/4 t. black pepper	1/3 c. chopped fresh mushrooms (You could also add other toppings you like on your pizza, like onions, green peppers, etc.) 12 slices turkey pepperoni 2 T. tomato paste 1/4 t. salt 1/4 t. pepper 1/3 c. Italian-style bread crumbs 1 lb. lean ground beef (93% lean) 5 light English muffins 5 slices reduced fat or thin sliced provolone cheese 5 T. pizza sauce