

Meal Planning Mommies

Weight Watcher Friendly Meal #15

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Greek Lemon Chicken Rice Soup</u> 3 WW SP	<u>Tuna Zucchini Cakes</u> 7 WW SP	<u>Chicken Fried Rice</u> 4 WW SP	<u>Cream, Ham, and Peas on Toast</u> 4 WW SP	<u>Turkey and Quinoa Meatloaf</u> 9 WW SP	<u>Easy Turkey Stromboli</u> 9 WW SP
2 cups chopped cooked chicken 2 medium carrots, coarsely chopped 1/2 c. chopped onion 1/4 c. lemon juice 2 tbsp. snipped fresh parsley 1 garlic clove, pressed 1 (10 3/4 oz) can 98% fat-free reduced-sodium condensed cream of chicken soup 3 (14 1/2 oz) cans 100% fat-free chicken broth 1/4 tsp ground black pepper 2/3 cup uncooked long-grain white rice	1 T. butter 1 c. finely chopped onion 2 cans (6-1/2 oz.) light water-packed tuna, drained and flaked 1 c. Italian seasoned breadcrumbs, divided 2 c. shredded zucchini 4 eggs, lightly beaten 1/3 c. minced fresh parsley 2 t. lemon juice 1 t. salt 1/4 t. pepper 2 T. canola oil	Cooking Spray 4 large egg whites 1/2 c. scallions 2 medium garlic cloves 12 oz. boneless skinless chicken breasts 1/2 c. carrots, diced 2 c. cooked brown rice 1/2 c. frozen green peas 3 T. low-sodium soy sauce	7 slices of bread 8 oz. package of diced ham 1 (10 3/4 oz.) can cream of chicken soup 1 (10 oz.) can of sweet peas, drained	1/2 cup quinoa 1 zucchini, shredded 2 large egg whites 1 small red onion, finely chopped 1 tablespoon chopped fresh parsley 1 teaspoon Italian seasoning blend 1/2 cup ketchup 1/2 teaspoon salt 1/2 teaspoon black pepper 1 pound ground skinless turkey breast	1 lb. ground turkey 1 package (11 oz.) refrigerated pizza crust 1 c. pasta sauce, divided 1 package (10 oz.) frozen chopped spinach, thawed and well drained 1/2 c. shredded Colby and Monterey Jack cheese blend 2 t. low-fat milk 2 t. grated Parmesan cheese