

*Weight Watcher Friendly Meal Plan #16*  
*Meal Planning Mommies*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<b><u>Grilled Soy Ginger Chicken w/ Mango Salsa</u></b> 3 WW SP	<b><u>Easy and Healthy Chicken Fajitas</u></b> 2-6 WW SP	<b><u>Hearty Penne Beef</u></b> 5 WW SP	<b><u>Sloppy Joes</u></b> 9 WW SP	<b><u>Crispy Baked Parmesan Crusted Tilapia</u></b> 3 WW SP	<b><u>BLT Turkey Lettuce Wrap</u></b> 8 WW SP
1.33 lbs. boneless, skinless chicken breast ¼ c. low-sodium soy sauce 2 T. orange juice 1 T. sesame oil 1 T. fresh ginger, minced 2 garlic cloves, minced ½ t. black pepper 1 mango, chopped ¼ c. red onion, chopped ¼ c. cilantro, chopped 1 lime, juice only	1-1/4 lbs. boneless skinless chicken breasts ¼ c. fat-free Italian dressing 2 t. chili powder (or more to taste) 2 onions, sliced 1 green bell pepper 1 red bell pepper 8 flour tortillas (optional)	1 c. uncooked penne pasta 1 lb. 95% lean ground beef 1 t. minced garlic 1 can (6 oz.) tomato paste 1 can (14-1/2 oz.) diced tomatoes 1 can (14-1/2 oz.) beef broth 1-1/2 t. Italian seasoning 1 t. Worcestershire sauce 1/4 t. salt 1/4 t. pepper 2 c. chopped fresh spinach 3/4 c. shredded part-skim mozzarella cheese	1 lb. extra lean (95%) ground beef ¾ c. Picante Sauce (i.e. Pace medium) ½ c. barbecue sauce (i.e. Kraft Hickory Smoke) 2 green onions, sliced (about ¼ cup, optional) 5 hamburger buns	4-4oz Tilapia fillets ½ cup Fiber One Cereal (or All Bran) ¼ c. Parmesan Cheese ½ t. onion powder ½ t. garlic powder 1 t. Italian Seasoning Salt & Pepper Non-stick cooking spray	1 large head Iceberg lettuce (or romaine) 8 slices Organic deli turkey 4 slices Center cut bacon, cooked 1 large Avocado, sliced [1] 2 large Roma tomatoes, sliced thin 4 T. Hummus of choice Pinch Salt and pepper (optional)

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