Weight Watcher Friendly Meal Plan #17
Meal Planning Mommies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Beefy American Goulash 8 WW SP	**Korean Grilled Chicken Breasts** 3 WW SP	**Ham and Cheese Twists** 3 WW SP per twist	**Slow Cooker Summer Vege Soup** 3 WW SP	**Salisbury Steak Meatballs** 6 WW SP	**Turkey Taco Salad** 3 WW SP
2 lbs. uncooked 95% lean ground beef 2 medium yellow onions, diced 3 garlic cloves, minced 3 c. water 2 (15 oz.) cans tomato sauce 2 (14.5 oz.) cans diced tomatoes 2 T. Italian seasoning 3 bay leaves 3 T. low sodium soy sauce 1 T. seasoned salt 1 t. paprika ½ t. black pepper 12 oz. uncooked elbow macaroni	1 pound boneless, skinless chicken breasts 1/4 c. low sodium or gluten-free soy sauce 1/4 c. unsweetened apple sauce 1/4 c. finely chopped yellow onion 1 t. sesame oil 1 t. grated ginger 1 T. light brown sugar 2 garlic cloves, crushed 1 t. red pepper flakes (optional) 1 t. sesame seeds, plus more for topping 2 thinly sliced scallions, white and green parts Rice (optional, for more smart points)	1 (11 oz.) can of Pillsbury French Bread Crusty French Loaf dough 6 oz. sliced deli ham (Emily used Hillshire Farm Deli Select Ultra Thin Honey Ham) 4-6 t. mustard, to taste 3 oz. (3/4 cup) shredded 2% Sharp Cheddar cheese	2 c. fresh chopped tomatoes or canned crushed tomatoes 1 can (14 to 16 oz.) garbanzo beans 4 medium carrots 2 medium potatoes 2 medium onions 2 large stalks celery 2 garlic cloves 1 large red bell pepper 1 medium zucchini 6 c. water Salt and fresh ground black pepper ½ c. long-grain white rice 1 c. chopped fresh basil Extra-virgin olive oil Fresh grated Parmesan cheese, for serving (opt.)	2 t. olive oil 1/2 c. minced onions 1/2 lb. 93% lean ground beef 1/2 lb. 93% lean ground turkey 1/3 c. whole wheat seasoned breadcrumbs 1 large egg 2 T. tomato paste kosher salt pinch black pepper 1 T. all-purpose flour 1 t. red wine vinegar 2 t. Worcestershire sauce 1/4 t. mustard powder 5 oz. sliced mushrooms 1 1/4 c. reduced sodium beef broth chopped parsley for garnish (opt.)	1 lb. 99% fat-free ground turkey 1 medium sweet red pepper 1 medium sweet yellow pepper ⅓ c. chopped onion 1½ c. salsa 2 tsp. chili powder 1 tsp. ground cumin 5-8 cups torn romaine 10 tortilla chips 5 T. shredded cheddar cheese