







Weight Watcher Friendly Meal Plan #18

Meal Planning Mommies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Pineapple Pork Chops</u> 5 WW SP	<u>Blue Cheese Chicken Burgers</u> 5 WW SP	<u>Chicken Parmesan with Basil</u> 6 WW SP	<u>Tropical Turkey and Spinach Salad</u> 6 WW SP	<u>Sausage and Spinach Soup</u> 3 WW SP	<u>Slow Cooker Beef Stew</u> 7 WW SP
Olive Oil spray 4 (4 ounce) trimmed boneless pork loin chops 1 t. garlic powder salt, to taste ground black pepper, to taste 8 t. Ken's Steak House honey teriyaki marinade and sauce ("Masterpiece Marinade") 4 slices of canned pineapple in juice, drained	¼ c. barbecue sauce 1 ½ t. hot pepper sauce (more or less, to taste) 1 lb. ground skinless chicken breast 1 onion ¼ c. plain dried bread crumbs 1 small garlic clove ½ t. salt 2 c. lightly packed thinly sliced romaine lettuce 1 large tomato 4 light hamburger buns 2 T. crumbled blue cheese	¾ c. low-fat buttermilk 1 large egg white 2/3 c. whole wheat panko (Japanese bread crumbs) 4 (5 oz.) skinless boneless chicken breasts ¼ t. salt 1 c. fat-free marinara sauce 8 basil leaves 4 (1/2 oz.) slices part-skim mozzarella cheese 1/4 c. chopped fresh basil 1 T. grated Parmesan cheese	3 T. apricot preserves 2 T. cider vinegar 2 t. olive oil 2 T. sugar ¼ t. salt 1/8 t. ground black pepper 8 oz. 98% fat-free deli roast turkey breast 1/2 c. diced red bell pepper 1 mango (1 cup) 2 hard-cooked egg whites 1/4 small red onion 1 pkg. (6 oz.) fresh baby spinach leaves 1/4 c. sliced almonds	10 oz. sweet turkey Italian sausage Cooking spray 1 onion 4 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 lb. lean beef stew meat, cubed in about 1-inch pieces 2 T. flour 1 c. red wine (optional non-alcoholic wine or vegetable broth) 1 t. salt ½ t. black pepper 2 T. extra-virgin olive oil 1 medium onion 1 clove garlic, minced 2 medium potatoes 2 medium carrots 2 celery stalks 1/2 c. diced red peppers 2 bay leaves 6 sprigs thyme 2 c. beef broth, fat-free and low-sodium 1 (14 oz.) can fire-roasted diced tomatoes