

Weight Watcher Friendly Meal Plan #19
Meal Planning Mommies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Slow Cooker Beef Stroganoff</u> 7 WW SP	<u>Cheeseburger Hash Brown Cups</u> 6 WW SP	<u>Beef & Broccoli Stir-Fry w/ Quinoa</u> 8 WW SP	<u>Shredded BBQ Chicken Sandwiches</u> 9 WW SP	<u>Easy Chicken Fajitas</u> 1 WW SP (+ SP for tortillas)	<u>Turkey and Cheese Pesto Sandwiches</u> 5 WW SP
<p>1 1/2 lb. lean beef stew meat, cut into 1" cubes 1 onion 1 clove garlic, minced 1 t. salt 1/4 t. ground black pepper 1 lb. mushrooms, sliced 1 can (10.75 oz.) fat-free cream of mushroom soup 1 c. water 1 c. fat-free sour cream 3 c. uncooked egg noodles</p>	<p>20 oz. shredded hash brown potatoes, pre-shredded refrigerated (such as Simply Potatoes or Reser's) 2 T. olive oil 1 t. salt Black pepper to taste 1/4 c. diced onion 1 lb. 95% lean ground beef 1 T. hamburger seasoning (McCormick brand recommended) 2 T. ketchup 2 t. yellow mustard 6 grape tomatoes 1/2 cup shredded 2% cheddar cheese</p>	<p>3 T. reduced-sodium soy sauce 1 T. rice wine vinegar 1/4 t. crushed red-pepper flakes 1 1/2 lb. trimmed boneless beef top round 2 stalks broccoli 1 (14.5 oz.) can fat-free reduced sodium chicken broth 1 T. cornstarch 2 T. EVOO 3 cloves garlic, minced 2 T. fresh ginger, peeled and thinly sliced or chopped jarred ginger (in produce by jarred garlic) 1 large red bell pepper 3/4 c. uncooked quinoa</p>	<p>Ingredients for Chicken: 2 lb. boneless, skinless chicken breast 1 large onion 1 (18 oz) bottle of Sweet Baby Ray's Honey BBQ sauce or your favorite Ingredients for Coleslaw: 6 c. (10 oz) bag shredded white cabbage 1 c. shredded carrots 3/4 c. scallions, chopped 4 T. light mayonnaise 1 T. + 2 t. apple cider vinegar 2 1/2 T. spicy brown mustard 1 T. honey 1/4 t. prepared white horseradish 2 pkgs. Oroweat's Honey Wheat Sandwich Thins</p>	<p>1 1/4 lb. boneless skinless chicken breasts, sliced into 1/2-inch strips 1/4 c. fat-free Italian dressing 2 t. chili powder (or more to taste) 2 onions 1 green bell pepper 1 red bell pepper (optional for more smart points: flour tortillas and any other foods you would eat on your fajita)</p>	<p>2 T. fat-free mayonnaise 4 t. basil pesto 8 (1 oz.) thin sliced sourdough bread or low-calorie bread (such as Healthy Life bread) 8 oz. Deli sliced turkey breast 4 slices reduced-fat provolone cheese 1 tomato Cooking spray</p>