

Weight Watcher Friendly Meal Plan #20

Meal Planning Mommies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Parmesan Chicken Cutlets</u> 1 WW SP	<u>Quick and Easy Salisbury Steak</u> 5 WW SP	<u>Quick Chicken Noodle Soup</u> 3 WW SP	<u>Taco Fiesta Bubble Up Casserole</u> 7 WW SP	<u>Monte Cristo Flatout Sandwiches</u> 4 WW SP	<u>Creamy Chicken and Bacon Alfredo Soup</u> 3 WW SP
1/4 c. parmesan cheese, grated 2 T. dried seasoned Italian bread crumbs 1/8 t. paprika 1 t. dried parsley 1/2 t. garlic powder 1/4 t. black pepper, freshly ground 4 boneless chicken breast, about 1 pound	1 lb. extra lean ground beef 1/4 t. garlic powder 1/2 t. kosher salt 1/4 t. black pepper 8 oz. mushrooms, sliced 1/4 c. onion, minced 1 t. dried thyme 2 T. dry sherry or white wine 1 (12 oz.) jar fat-free beef gravy	8 oz. chicken breast, cut into bite sized pieces 5 c. fat free chicken broth 1 c. thin spaghetti, broken into 2 inch long pieces 1/2 c. carrots, chopped 1/2 c. celery, chopped 8 green onion, thinly sliced 1/4 t. dried thyme 1/4 t. dried parsley salt, to taste black pepper, to taste	1 lb. extra lean ground beef 1 (7.5 oz.) pkg. Pillsbury biscuits Taco seasoning (30 g. packet) 1 1/3 c. salsa 2 c. diced peppers (red, orange, and yellow) 1 c. diced onion 1 c. light shredded cheese (i.e. WW Mexican blend) Green onion Fat-free sour cream for topping (optional)	<i>(these ingredients are doubled from the original recipe)</i> 4 everything flatout fold it breads 2 eggs 2 egg whites (or 2 T. liquid egg whites) 2 T. milk Dash of salt and pepper Pinch of paprika 2 T. ranch dressing 8 oz. deli ham 1/2 c. shredded asiago cheese	2 c. chicken broth 10 oz. cooked shredded chicken 1 can (284 ml) low-fat cream of chicken soup 3/4 c. light alfredo sauce 1 c. almond milk 6 slices of cooked bacon (i.e. Oscar Mayer center cut) 2 T. finely grated Parmesan cheese 1 garlic clove, diced