


Weight Watcher Friendly Meal Plan #22

Meal Planning Mommies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<p><u>Open Faced Pizza Sandwiches</u> 8 WW SP</p>	<p><u>Italian Vegetable Soup</u> 3 WW SP</p>	<p><u>Skinny Turkey and Wild Rice Soup</u> 4 WW SP</p>	<p><u>Italian Shredded Beef Sandwiches</u> 4 WW SP</p>	<p><u>Baked Chicken Parmesan</u> 5 WW SP</p>	<p><u>Turkey Taco Lettuce Wraps</u> 1 WW SP (+SP for optional cheese)</p>
<p>1 lb. 98-9% lean ground turkey 1/2 c. Italian seasoned breadcrumbs 1/2 c. green pepper 1/2 c. onion 1 garlic clove, minced 1 egg white 3/4 c. pizza sauce 1/2 c. shredded part-skim mozzarella cheese 8 slices garlic Texas toast (I used New York Whole Grain)</p>	<p>2 celery ribs 1 medium onion 1 medium carrot 1 T. olive oil 2 c. water 1 can (15 oz.) white kidney or cannellini beans 1 can (14.5 oz.) diced tomatoes 1 can (14.5 oz.) reduced-sodium chicken broth 1/2 c. Marsala cooking wine 1 t. dried basil 1 t. dried thyme 1 t. oregano 1/4 t. salt 1/4 t. pepper 1 c. uncooked mini farfelle pasta (or bow tie pasta) 6 cups torn escarole (or mustard greens) Parmesan Cheese (opt.)</p>	<p>2 Carrots 2 Celery Stalks 1 Medium Onion 2 Garlic Cloves 6 1/2 c. Reduced Sodium Chicken Broth 3 T. Flour 1 c. Long Grain & Wild Rice 1 tsp. Dried Thyme 1 Bay Leaf 2 c. (1 lb.) Turkey Breast, Cooked & Shredded or Cubed 1 c. Fat Free Half & Half Salt & Pepper to Taste</p>	<p>3 lb. bottom round roast beef 2 c. water 1 packet zesty Italian salad dressing mix 1 packet Au Jus gravy mix 1 medium onion 1 can (4-7 oz.) chopped green chilies 12 Italian rolls (for additional smart points)</p>	<p>4 (about 8 oz each) chicken breast 3/4 c. seasoned breadcrumbs 1/4 c. grated Parmesan cheese 2 T. butter, melted (or olive oil) 3/4 c. reduced fat mozzarella cheese 1 c. marinara cooking spray Spaghetti, optional for more Smart Points</p>	<p>1 T. olive oil 1 yellow onion 1 lb 98-99% lean ground turkey 2 cloves garlic Salt and pepper 1 T. chili powder 1 t. ground cumin 1/2 t. paprika 1/2 c. tomato sauce 1/2 c. low-sodium chicken broth Iceberg or Romaine lettuce leaves Optional toppings: Shredded Mexican cheese, diced Roma tomatoes, diced red onion, diced avocado, chopped cilantro, light sour cream</p>