

“Comfort Food Favorites” Weight Watcher Friendly Meal Plan #23
Meal Planning Mommies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Easy Skillet Lasagna</u> 9 WW SP	<u>Skinny Salsa Joes</u> 4 WW SP on lettuce (or + SP for buns)	<u>Brown Sugar Garlic Glazed Chicken</u> 3 WW SP	<u>BBQ Chicken Quesadillas</u> 4 WW SP	<u>Baked Chicken Nuggets</u> 3 WW SP	<u>Cheeseburger Casserole</u> 5 WW SP
1 lb. 95% extra lean ground beef 2 green bell peppers 3 cloves garlic, minced 26 ounces jarred spaghetti sauce (I use Classico Tomato Basil) 1-2/3 cups water 1/4 cup light zesty Italian dressing 1 t. Italian seasoning blend, optional 8 lasagna noodles 1 c. shredded reduced-fat mozzarella cheese	1 lb. 95% lean ground beef 1/2 c. salsa 1 can (8 oz.) tomato sauce 1 T. brown sugar Hamburger buns (optional for more smart points)	2 t. olive oil 2 T. chopped garlic (I use jarred) 1/4 c. brown sugar 2 t. water 4 boneless skinless chicken breasts (4 oz. each) Salt and pepper, to taste	4 (8-inch) high-fiber flour tortillas 2 T. barbecue sauce 1 c. shredded cooked chicken breast 2/3 c. reduced-fat shredded Mexican cheese blend	1 lb. boneless skinless chicken breasts (about 2 large breasts) 2 t. olive oil Salt and pepper to taste 6 T. whole wheat Italian seasoned breadcrumbs 2 T. Panko breadcrumbs 2 T. grated Parmesan cheese	2 c. (6 oz.) uncooked corkscrew pasta 2 t. olive oil 1-1/2 c. onions 1 garlic clove, finely chopped 1 lb. 95% lean ground beef 3/4 t. salt 1/2 t. black pepper 2 T. ketchup 1 can (28 oz.) diced tomatoes 2 T. Dijon mustard 2 c. grated reduced-fat cheddar cheese 1/4 c. chopped dill pickles