

Weight Watcher Friendly Meal Plan #24
Meal Planning Mommies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Crispy BBQ Chicken Tenders</u> 3 WW SP	<u>Hash Brown Topped Steak</u> 6 WW SP	<u>Chicken and Tortellini Soup</u> 6 WW SP	<u>BLT Wraps</u> 5 WW SP	<u>Honey Mustard Grilled Chicken</u> 4 WW SP	<u>Southwest Kielbasa Skillet</u> 6 WW SP
1/4 cup all purpose flour 2 Tbsp. brown sugar 1 tsp. ground mustard 3/4 tsp. pepper 1/2 tsp. salt 1/4 tsp. cayenne pepper 2 eggs, lightly beaten 40 barbecue flavored PopChips potato chips 1 1/2 lb. boneless skinless chicken Cooking spray	1 Tbsp. butter 1 small onion, chopped 3 garlic cloves, minced 2 cups frozen shredded hash brown potatoes, thawed 3/4 tsp. salt, divided 1 cup (4 oz.) reduced fat shredded Swiss cheese 1 1/2 lbs. beef top sirloin steak 1/2 tsp. pepper 1 green onion (optional)	1 Tbsp. Olive oil 2 garlic cloves, minced 4 cups vegetable broth 1 can (14 1/2 oz.) diced tomatoes with basil, oregano, and garlic 1 pkg. (19 oz.) frozen cheese tortellini 3-4 cups fresh baby spinach 1/8 tsp. pepper 6 tsp. grated Parmesan (optional)	16 slices Oscar Mayer Fully cooked bacon 8 small flour tortillas 4 cups chopped lettuce 2 cups chopped tomatoes (1 large or 2-3 small tomatoes) 1/2 cups (2 oz.) low-fat shredded cheddar cheese 1/2 cup fat-free Ranch salad dressing	1 cup light mayonnaise 1 Tbsp. honey 1 Tbsp. mustard 1 1/2 lb. boneless, skinless chicken breast	1 Tbsp. Olive Oil 13 oz. smoked turkey kielbasa 1 medium onion 2 garlic cloves, minced 1 can (14.5 oz.) fat-free chicken broth 3/4 tsp. Mrs. Dash Garlic and Herb seasoning blend 1 can (15 oz.) no-salt-added black beans 1/2 cup uncooked rice 1/2 cup frozen corn 1 jar (7 oz.) chopped roasted sweet red peppers