







Meal Planning Mommies

Weight Watcher Friendly Meal Plan #25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Slow Cooker Shredded Beef Sandwiches</u> 3 WW SP for meat only	<u>Chicken Cordon Bleu w/ Green Beans</u> 4 WW SP	<u>Chicken Chili Phyllo Poppers</u> 5 WW SP	<u>Creamy Turkey Vegetable Soup</u> 4 WW SP	<u>Cheesy Mexican Rice and Beans</u> 4 WW SP	<u>Pork Chops w/ Carmelized Onions</u> 5 WW SP
3 lbs. lean Sirloin beef, fat removed 1 (.7 oz.) packet Italian seasoning 1 (.88 oz.) packet Brown Gravy mix 1 (1 oz.) packet dry Ranch mix 1-1/2 cups water 12 buns, optional for extra WW Smart Points* <i>*(You can go here for a list of buns that are just 2 WW SP each)</i>	1 lb. boneless, skinless chicken breast (4-4 oz. breasts) 1 Tbsp. canola oil 1 pkg. (12 oz.) frozen cut green beans 1 cup fresh mushrooms chopped or sliced 4 oz. deli ham (this was 8 thin slices for the kind I got) 4 mozzarella cheese slices Salt and pepper	2 pkgs. (15 count each) mini Phyllo shells 6 Tbsp. Fat-free Ranch dressing 2 Tbsp. reduced-sodium chili seasoning mix (I bought one packet and threw out whatever was left) 2 pkgs. (6 oz. each) grilled fully cooked chicken breast strips 2/3 c. Reduced-Fat Mexican cheese blend	3 Tbsp. butter 1/2 lb. fresh mushrooms, sliced 5 medium carrots, chopped 1 large onion, or 2 small, chopped 3 celery ribs, sliced 1/4 c. flour 1 tsp. dried thyme 1 tsp. parsley flakes 1/4 tsp. pepper 10 cups fat-free chicken broth 1 cup brown rice pasta 1 1/2 cups cooked turkey (I used Perdue oven roasted turkey) 1 cup fat-free half-and-half	1 Tbsp. olive oil 1 yellow bell pepper 1 orange bell pepper 1 red bell pepper 1 large onion 3 garlic cloves 1 (15 oz.) can black beans 1 (15 oz.) can kidney beans 1 package (8.8 oz.) Ready-to-serve white rice 1/4 cup Red wine vinegar 2 tsp. cumin 2 tsp. dried oregano 1 tsp. chili powder 2 tsp. salt 1/4 tsp. pepper 1 1/2 cup (6 oz.) shredded reduced-fat Mexican-style cheese blend	1- 1/2 lbs. Lean pork chops, fat removed 2-3 Tbsp. Soy sauce 1-2 tsp. Paprika Cooking spray