

MONDAY



French Fried Chicken

4 WW SP

TUESDAY



Chicken and Spinach Pasta Alfredo

5 WW SP

WEDNESDAY



Double Decker Mexican Pizzas

4 WW SP

THURSDAY



Greek Chicken

3 WW SP

FRIDAY



Battered Fish & Chips

6 WW SP

SATURDAY



Slow Cooker Beef Stew

4 WW SP

1/2 T. Dijon mustard
1 T. honey
1 T. light mayonnaise
1 c. French fried onions (also called crispy onions)
4 (4 oz. each) pieces of boneless, skinless chicken breasts
Salt and pepper, to taste

Optional side:
Warmed canned green beans

4 oz. Barilla Protein Plus penne pasta
1 t. extra virgin olive oil
2 garlic cloves, minced
5 c. fresh baby spinach
1 lb. boneless, skinless chicken breasts
Cooking spray
1 T. light butter
1 T. flour
1 c. fat-free skim milk
2 T. light cream cheese
6 T. grated Parmesan cheese
2 T. fresh snipped parsley, optional

Cooking spray
8 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas
1 lb. 99% fat-free ground turkey
1 (16 oz.) can fat-free refried beans
1 (10 oz.) can mild red enchilada sauce
2 t. taco seasoning mix
1 (14.5 oz.) can diced tomatoes
1-1/3 c. reduced-fat shredded Colby Jack cheese
1 green onion, optional

Optional side:
Warmed canned Mexicorn

1 T. extra virgin olive oil
2 garlic cloves, minced
1 red onion
1 cup cherry tomatoes
1 (2.25 oz.) can sliced black olives, optional
1 t. red wine vinegar
1/2 t. oregano
1/4 t. salt
4 (4 oz. each) boneless, skinless chicken breasts
Salt and pepper, to taste
1/2 c. crumbled reduced-fat feta cheese

Optional side:
Spinach salad with a light vinaigrette dressing

2 medium potatoes (about 1 lb.)
4 T. extra virgin olive oil
1 t. salt
1/2 t. pepper
6 (4 oz.) cod fish fillets
1/2 c. lemon lime sparkling water
3/4 c. flour
1 t. garlic powder
1/4 t. chili powder
1/2 t. paprika

1/2 c. salsa
1 (.75 oz.) brown gravy seasoning packet
1 T. Worcestershire sauce
1 t. garlic powder
1 lb. lean beef sirloin, trimmed of fat
2 medium potatoes
4 carrots
1 onion
Salt and pepper, to taste