Weight Watcher Friendly Meal Plan
Week of June 19-25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Lo Mein 7 WW SP	**Pasta Fagioli** 5 WW SP	**Baked Buffalo Chicken Taquitos** 4 WW SP	**Turkey Burgers with Zucchini** 3 WW SP	**Salisbury Steak** 5 WW SP	**Chicken Cordon Bleu** 6 WW SP
8 oz. skinless, boneless chicken breast, diced 8 oz. Lo Mein egg noodles 2 t. olive oil 2 c. broccoli slaw 1 c. snap peas 2 c. baby spinach ¼ c. reduced sodium soy sauce 2 t. sesame oil 4 cloves garlic, minced 1 T. honey ½ t. ground ginger 1 T. Sriracha sauce	1 lb. extra lean ground beef 1 c. chopped onion 1 c. chopped carrots ½ c. chopped celery 1 can (14-15 oz.) diced tomatoes with juice 1 can (14-15 oz.) kidney beans 1 can (14-15 oz.) white beans 4 c. beef broth 1 jar (24-26 oz.) tomato-basil marinara or pasta sauce 1 ½ t. oregano ¾ t. hot pepper sauce (such as Tabasco) ½ t. salt ½ t. black pepper 1 ¼ c dry pasta (fusilli, shells, or ditalini) ¼ c. chopped fresh parsley Grated Parmesan	8 oz. low-fat cream cheese 1/8 c. buffalo sauce 2 c. cooked and shredded chicken 12 small flour tortillas (low carb) Fat free Ranch dressing	5 oz. grated zucchini 1 lb. 93% lean ground turkey ¼ c. seasoned whole wheat breadcrumbs 1 clove garlic, grated 1 T. grated red onion 1 t. kosher salt and fresh pepper Oil spray 5 Hamburger buns (optional, for additional Smart Points	1 c. egg noodles, uncooked 15 saltine crackers 1 egg white 1 small onion, chopped 1 T. ketchup 2 t. Worcestershire sauce 2 garlic cloves, minced 1/2 t. pepper 1 lb. 95% lean ground beef Cooking spray 1 envelope Onion Soup Mix 1 T. cornstarch 2 c. water 1 beef bouillon cube 1 T. fresh parsley, chopped	Cooking spray 12 thin sliced (36 oz. total) skinless, boneless chicken breasts (3 oz. each) Salt and fresh cracked pepper 1 large egg 2 large egg whites 1 T. water ½ c. seasoned breadcrumbs ¼ c. grated Parmesan cheese 5 oz. (6 slices) thinly sliced lean deli ham 6 slices (4.4 oz.) Sargento reduced fat Swiss cheese