

# Weight Watcher Friendly Meal Plan with Smart Points

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Shepherd's Pie</u> 7 WW SP	<u>Easy barbecue Chicken</u> 6 WW SP	<u>Oven Fried Fish</u> 5 WW SP	<u>Chicken Fried Rice</u> 4 WW SP	<u>Parmesan Chicken with Mushroom Wine Sauce</u> 8 WW SP	<u>Easy chicken Tortilla Soup</u> 6 WW SP
<p>2 large potatoes            ¼ c. non-fat sour cream            1 tbsp. reduced-calorie margarine            ½ + 1/8 tsp table salt            2 tsp. olive oil            1 cup onion, chopped            2 medium carrots, diced            2 medium ribs celery, diced            1 lb. ground turkey breast            3 tbsp. all-purpose flour            1 tbsp. fresh rosemary or 1 tsp. dried rosemary            1 tsp. dried thyme            ¼ tsp. black pepper            2 cups canned chicken broth or beef broth</p>	<p>¼ cup ketchup            2 tbsp. onion, finely chopped            2 tbsp. peach or apricot preserves            2 tbsp. white vinegar            1 tsp Worcestershire sauce            1 ½ tsp. chili powder            1/8 tsp. garlic powder            Cooking spray            6 oz. chicken breast, halves (bone-in)</p>	<p>1 ½ lb. fresh haddock, tilapia fillets, or other white fish            ¼ cup white cornmeal, or yellow            ¼ cup dry Italian bread crumbs            ½ tsp dried dill            1/3 tsp. salt            1/8 tsp. black pepper            ½ tsp. paprika            1/8 cup skim milk            3 tbsp. butter</p>	<p>Cooking Spray            4 large egg white            ¼ cup scallions            2 medium garlic cloves            12 oz. skinless, boneless chicken breast            ½ cup carrots, diced            2 cups cooked brown rice            ½ cup frozen green peas            3 tbsp. low-sodium soy sauce</p>	<p>2 tbsp. flour            2 tbsp. parmesan cheese, grated            ¼ tsp. salt            ¼ tsp. pepper            16 oz. chicken breast            1 tbsp. olive oil            2 cups onion, diced            2 cups mushrooms, sliced            ½ tsp. basil            2 tbsp. dry white wine or white-grape juice            2 tbsp. water</p>	<p>1 tsp. canola oil            1 onion, chopped            1 green bell pepper, seeded and chopped            2 clove garlic, minced            3 cups reduced-sodium chicken broth            1 can (14.5 oz) tomatoes and diced green chiles            1 pkg. (10 oz) frozen corn kernels            1 tsp. chili seasoning mix            1 ½ cups cooked chicken breast, chopped            ¼ cup fresh cilantro            8 large baked corn tortilla chips</p>

# Menu Recipe Watcher Weight

**Roman Wölfel**



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