

# Weight Watcher Friendly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u><b>Cauliflower Fried Rice</b></u> 3 WW SP	<u><b>Chicken and Broccoli Stir Fry</b></u> 5 WW SP	<u><b>Turkey Panini with Apple, Cheddar, and Arugula</b></u> 5 WW SP	<u><b>Balsamic Chicken with Roasted Vegetables</b></u> 8 WW SP	<u><b>Coppercat Chili's Guiltless Chicken Sandwich</b></u> 9 WW SP	<u><b>Black and White Summer Salad</b></u> 3 WW SP
2 T. + 2 t. sesame oil 4 eggs 2 small heads cauliflower 1 c. frozen mixed vegetables 4 green onions 6 cloves garlic, minced salt and pepper 6 T. gluten-free Tamari or soy sauce (dish will not be GF if using regular soy sauce)	1 lb. boneless skinless chicken breast 1 T. + 1 t. vegetable oil 2 c. small broccoli florets 1 c. sliced mushrooms (if you don't like mushrooms you can add more broccoli instead) 2 t. minced fresh ginger 1 t. minced garlic ¼ c. oyster sauce ¼ c. low sodium chicken broth or water 1 t. sugar 2 t. toasted sesame oil 1 t. soy sauce 1 t. cornstarch salt and pepper to taste	6 t. plain, nonfat Greek yogurt 6 t. stone ground mustard 4 whole wheat sandwich buns 6 oz. turkey breast 2 oz. Cheddar cheese, thinly sliced 1 Gala apple, sliced 1 cup arugula	8 (4 oz each) boneless skinless chicken thighs, trimmed of fat 1 t. kosher salt fresh black pepper cooking spray 10 medium asparagus 2 red bell peppers 1 red onion 1/2 c. carrots 5 oz sliced mushrooms 1/4 c. plus 1 T. balsamic vinegar 2 T. extra virgin olive oil 2 cloves garlic 1/2 t. sugar 1 1/2 T. fresh rosemary ¼ T. dried oregano or thyme 2 leaves fresh sage	1 c. water ¼ c. pineapple juice 1 T. soy sauce ¼ t. salt ¼ t. liquid smoke flavoring ¼ t. onion powder 1 dash garlic powder 4 boneless, skinless chicken breasts 2 T. Dijon mustard 2T. honey 1 T. fat-free mayonnaise 1 t. vinegar 4 whole wheat hamburger buns 1 cup lettuce, shredded 4 tomato slices	1 c. canned white beans, drained and rinsed 1 c. canned black beans, drained and rinsed 1 large fresh tomato 1 small uncooked onion 1 rib medium uncooked celery 2 T. white wine vinegar, or red wine vinegar 3 T. fresh parsley, Italian-variety, or basil, minced 1/8 t. table salt 1/8 t. black pepper

# Guide Menu Recipe Watcher Weight

**M Woodhall**



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