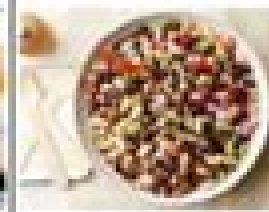


Weight Watcher Friendly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
<u>Cauliflower Fried Rice</u> 3 WW SP	<u>Chicken and Broccoli Stir Fry</u> 5 WW SP	<u>Turkey Panini with Apple, Cheddar, and Arugula</u> 5 WW SP	<u>Balsamic Chicken with Roasted Vegetables</u> 8 WW SP	<u>Coppercat Chili's Guiltless Chicken Sandwich</u> 9 WW SP	<u>Black and White Summer Salad</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 2 T. 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

ML Yell



Guide Menu Recipe Watcher Weight:

Reviewing **Guide Menu Recipe Watcher Weight**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Guide Menu Recipe Watcher Weight**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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