# 32 WW Friendly Fall Favorites Meal Plan

Meal Planning Mommies

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| slow cooker | | | | slow cooker | |
| **Southwest Pork Sandwiches**<br>5 WW SP | **Meaty Vegetarian Chili**<br>1 WW SP | **Easy Turkey Stromboli**<br>6 WW SP | **Creamy Chicken and Minute Rice**<br>7 WW SP | **Beef & Barley Soup**<br>5 WW SP | **Linguine Alfredo**<br>7 WW SP |
| 1 medium green pepper<br>1 small onion<br>1/2 c. salsa<br>2/3 c. water<br>1 pkg. (1 oz.) reduced sodium taco seasoning mix<br>1-1/2 lbs. lean pork chops<br>8 light buns | 2 cans (15 oz. each) kidney beans<br>1 can (8 oz.) tomato sauce<br>1 can (14.5 oz.) diced tomatoes<br>1 packet (1 oz.) chili seasoning mix<br>1 pkg. (13.5 oz.) Gardein Beefless Ground | 1 lb. 97% (or more) lean ground turkey<br>1 pkg. (11 oz.) Pillsbury thin crust refrigerated pizza crust<br>1 c. reduced fat pasta sauce ( like Prego Light Smart Spaghetti sauce)<br>1 pkg. (10 oz.) frozen chopped spinach<br>1/2 c. shredded Colby and Monterey Jack cheese blend<br>2 t. low-fat (or fat-free) milk<br>2 t. grated Parmesan cheese | 1/4 c. flour<br>1/2 tsp. dried parsley<br>1/2 tsp. pepper<br>1 lb. boneless, skinless chicken breasts<br>1/4 c. fat-free Italian dressing<br>2 c. baby carrots<br>1 medium onion, largely sliced<br>1 (14.5 oz.) can fat-free reduced sodium chicken broth<br>2 c. Minute Brown Rice<br>4 oz. low fat cream cheese | 1-1/2 lbs. boneless beef chuck, lean and trimmed<br>2 c. sliced celery (about 5-6 stalks)<br>1 c. sliced carrots (about 3-4 carrots)<br>1 c. largely chopped onion (about 1 onion)<br>6 c. water<br>2-1/2 tsp. salt<br>1 tsp. dried oregano<br>1/2 tsp. dried basil<br>1/2 tsp. pepper<br>3 minced garlic cloves<br>1 (6 oz.) can tomato paste<br>1/2 c. pearl barley | 6 oz. uncooked linguine<br>1 Tbsp. butter<br>1 tsp. olive oil<br>3 minced garlic cloves<br>1 red bell pepper<br>1/3 c. sliced green onions (about 5)<br>1/3 c. fresh parsley<br>2 Tbsp. flour<br>1 (12 oz.) can fat-free evaporated milk<br>1/4 tsp. dried basil<br>1/2 tsp. dried oregano<br>1/4 tsp. salt<br>3 Tbsp. Parmesan cheese |

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