## WW Friendly Meal Plan

### MEAL PLANNING MOMMIES

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**MONDAY**
- Middle Eastern Pita Salad
  - 1/4 c. classic hummus
  - 2 garlic cloves, minced
  - 1 T. extra virgin olive oil
  - 1 t. red wine vinegar
  - 1 t. lemon juice
  - 1/4 t. salt
  - 1/4 t. pepper
  - 1/4 t. ground thyme
  - 8 c. salad greens
  - 16 Athenos original flavored baked pita chips
  - 2 hard-boiled eggs
  - 1 c. cherry tomatoes
  - 1/2 c. reduced-calorie crumbled feta cheese
  - 1/2 cucumber
  - 1/4 c. chopped red onion
  - Optional toppings: cheese slices, lettuce, pickles, red onion slices, tomato, ketchup, mustard, and mayonnaise

**TUESDAY**
- Better Beef Burgers
  - 1 lb. 95% lean ground beef
  - 1/3 c. wheat germ
  - 1/4 c. 1% lowfat milk
  - 1 egg
  - 2 T. nonfat Greek yogurt
  - 2 T. minced onion, optional
  - 1 t. liquid smoke
  - 1 t. Worcestershire sauce
  - 1/2 c. salad greens

**WEDNESDAY**
- Chicken Fajita Bowls
  - 4 t. extra virgin olive oil
  - 1 T. lemon juice
  - 1 T. ground cumin
  - 1/2 t. chili powder
  - 1/2 t. garlic powder
  - Salt
  - 1 lb. boneless, skinless chicken breasts
  - Cooking spray
  - 1 red bell pepper
  - 1 yellow bell pepper
  - 1 onion
  - 1 (8.8 oz.) package Uncle Ben’s Original Ready Rice
  - 2 T. cilantro or parsley
  - 1 lime, juiced
  - 1/4 c. light sour cream
  - 2 T. nonfat Greek yogurt
  - 1 (15 oz.) can black beans
  - 2 c. frozen corn kernels
  - 3/4 c. salsa
  - 1 avocado

**THURSDAY**
- Hawaiian Shrimp Kabobs
  - 1/4 c. apricot preserves
  - 1 T. soy sauce
  - 1/2 t. salt
  - 1 lb. medium shrimp, peeled and deveined (approximately 60 shrimp)
  - 1 (20 oz.) can pineapple chunks in 100% juice
  - 1 red bell pepper
  - 1 red onion
  - Cooking spray

**FRIDAY**
- Bruschetta Chicken
  - 4 (4 oz. each) boneless, skinless chicken breasts
  - 1 t. Italian seasoning
  - 1/2 t. garlic powder
  - 3/4 t. salt
  - 1/4 t. pepper
  - Cooking spray
  - 4 slices thin-sliced provolone cheese
  - 3 small tomatoes
  - 2-3 garlic cloves, minced
  - 3 T. fresh basil
  - 1 T. red wine vinegar
  - 1 t. brown sugar

**SATURDAY**
- Chicken Tortellini Soup
  - 1 c. sliced carrots
  - 2 celery stalks
  - 2 garlic cloves, minced
  - 4 c. chicken broth
  - 1 (12.5 oz.) can chunk chicken breast
  - 1 (9 oz.) package cheese tortellini
  - 1 t. poultry seasoning
  - 2 t. parsley, snipped (optional)
  - Salt and pepper, to taste