



Sample WW Friendly Meal Plan

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Weekly Meal Plan

	SUN	MON	TUE	WED	THU	FRI	SAT
breakfast	Healthy Freezer Breakfast Burr... (4) 2 1 cup fresh fruit (0) 358 (4)	Protein Oatmeal Banana Pancake... (3) 2 2 tsp peanut butter (2) 1 cup fresh fruit (0) 436 (5)	Healthy Freezer Breakfast Burr... (4) 1 cup fresh fruit (0) 358 (4)	Protein Oatmeal Banana Pancake... (3) 2 tsp peanut butter (2) 1 cup fresh fruit 436 (5)	Healthy Freezer Breakfast Burr... (4) 1 cup fresh fruit (0) 358 (4)	Protein Oatmeal Banana Pancake... (3) 2 tsp peanut butter (2) 1 cup fresh fruit (0) 436 (5)	2 eggs 1 slice wheat bread 3 slices turkey bacon 1 cup fresh fruit 372(4)
lunch	Turkey Pinwheels (6) 1 382 (6)	Slow Cooker Tuscan Turkey Slop... (3) 1 low carb wrap (2) 2 tbsp part skim shredded mozzarella cheese (1) 1 cup greens (0) 408 (6)	Turkey Pinwheels (6) 382 (6)	Slow Cooker Tuscan Turkey Slop... (3) 1 light hamburger roll (2) 2 tbsp part skim shredded mozzarella cheese (1) Green salad with 1 tbsp. light dressing (1) 472 (7)	Sheet Pan Thai Cashew Chicken ... (5) 1/2 cup cooked brown rice (3) 435 (8)	Pesto Ground Turkey with Zucch... (5) 1 low carb wrap (2) 491 (7)	Burger Bowls (9) 332 (9)
dinner	Slow Cooker Tuscan Turkey Slop... (3) 2 Crispy Baked Broccoli (1) 3 tbsp part skim shredded mozzarella (2) 1 light hamburger roll (2) 507 (8)	Creamy Cajun Chicken Pasta (6) Green salad with 1 tbsp. light dressing 460 (6)	Fish Tacos (4) Easy Corn Salad (1) 428 (5)	Sheet Pan Thai Cashew Chicken ... (5) 1 1/2 cup cooked brown rice (3) 435 (8)	Pesto Ground Turkey with Zucch... (5) 1 3/4 cup cooked couscous (3) 540 (8)	Burger Bowls (9) 4 332 (9)	Crispy Baked Pork Cutlets (5) Oven Baked Parmesan Zucchini F... (1) 334 (6)
snacks							

WeightWatchers® Points and nutritional information calculated by Slender Kitchen. Not endorsed by WW International, Inc. Points are in parenthesis.



Meal Plan Notes

We couldn't be more excited to share this sample meal plan with you! We hope it helps you to get organized in the kitchen and makes mealtime enjoyable again

Let's check out the menu! This week kicks off with delicious Breakfast Burritos that you can customize with all your favorite fillings. Lunch is quick and easy Turkey Pinwheels. For dinner enjoy Tuscan Turkey Sloppy Joe's that are always a crowd pleaser. Monday brings a restaurant copycat - Creamy Cajun Chicken Pasta and Fish Tacos with Corn Salad for Taco Tuesday.

Then you'll enjoy Sheet Pan Thai Cashew Chicken, an easy Skillet Pesto Ground Turkey dish, and Burger Bowls for dinner Friday night. The week ends with some tasty Crispy Baked Pork Cutlets and Zucchini Parmesan Fries.

Important Note: Based on user feedback, this sample meal plan is set up with 4 servings for breakfast on the weekends and 1 serving for breakfast during the week. Lunches are set up for 1 serving. All dinners are for 4 servings. With our interactive meal planner, you can choose how many servings you want for each meal and all the recipes and shopping lists automatically adjust to your needs.

- **Looking to get ahead with meal prep. Here are some easy meal prep options and shortcut ideas.**
 - Make the breakfast burritos for the week. Consider making extras for future easy meals.
 - Prep the Protein Oatmeal Banana Pancakes. They keep well in the fridge and can be reheated in the toaster, a skillet, or the microwave. You can also make extra to stash in the freezer.
 - Prep the chicken, peppers, onions, and garlic for the Cajun Chicken Pasta. You could even cook the pasta in advance to save even more time.
 - Prep the entire Pesto Ground Turkey dish and couscous if you like. It reheats well, but it also only takes 20 minutes to cook fresh.
 - **Shortcuts:** Swap your favorite high-protein frozen pancakes or waffles. Use frozen or packaged brown rice. You can also swap in frozen veggies for easier side dishes. Use store-bought taco seasoning instead of homemade for the fish tacos.
- **Buy in bulk:** If you prefer to bulk buy proteins, you can use ground turkey in the Burger Bowls instead of beef and chicken breast instead of pork in the Tacos and/or Pork Cutlets.
- **Leftover love:** Double up the Breakfast Burritos, Protein Pancakes, and Tuscan Turkey Sloppy Joes.

Did you know that our meal plan members can automatically [change the number of servings, swap in new recipes, and easily customize their meal plans and shopping lists?](#)

Unlock these great features for less than \$1 per week! Stop the mealtime stress today



Shopping List

Dairy and Refrigerated

- 1 cup egg whites
- 18 eggs
- 1/3 cup low fat cream cheese
- 2 cups low fat shredded cheddar cheese
- 3/4 cup nonfat cottage cheese
- 1/4 cup parmesan cheese
- 1 cup part skim shredded mozzarella cheese
- 1/4 cup plain nonfat Greek yogurt
- 2/3 cup store bought basil pesto
- 4 thin slices reduced fat cheddar cheese
- 1/4 cup unsweetened almond milk

Produce

- 1 apple
- 20 oz Asian vegetable stirfry mix
- 2 bananas
- 1/4 cup basil
- 1 1/2 lbs broccoli florets
- 6 cups cherry tomatoes (3 pints)
- 1/4 cup cilantro

- 3 cups corn
- 1 cup cucumber
- 13 cups fresh fruit
- 13 garlic cloves
- 1/4 cup green onions
- 3 green peppers
- 5 serving green salad w/ dressing
- 1 lemon
- 10 cups lettuce (about 12 oz)
- 6 lettuce leaves (for wraps)
- 2 tbsp lime juice
- 1 cup mixed greens
- 1 cup mushrooms
- 1 onion
- 3 red bell peppers
- 2 cups red cabbage
- 2 red onions
- 1 summer squash
- 1 sweet onion
- 8 tomatoes
- 6 zucchinis

Meat & Poultry

- 1.25 lbs 95% lean ground beef
- 1 lb 95% lean ground turkey sausage
- 2 2/3 lbs 99% ground turkey
- 2 2/3 lbs boneless skinless chicken breasts
- 1 lb cod
- 4 oz deli turkey breast
- 1 1/3 lbs lean pork tenderloin
- 12 slices turkey bacon

Grains, Pasta, Bulk

- 5 tbsp cashews
- 2 1/2 cups cooked brown rice
- 3 cup cooked couscous
- 8 corn tortillas
- 8 oz high fiber shell pasta
- 8 low carb tortillas
- 2 low carb wraps
- 1 1/2 cups oats
- 5 reduced calorie hamburger rolls
- 4 slices wheat bread

Canned & Jarred

- 14 oz canned black beans



- 28 oz canned crushed tomatoes
- 14 oz canned fire roasted diced tomatoes
- 1.25 cups dill pickles
- 2.5 tbsp hoisin sauce
- 2 tbsp relish
- 1/4 cup tomato paste

Pantry

Spices

- cayenne pepper
- chili powder
- cinnamon
- crushed red pepper flakes
- cumin
- dried thyme
- garlic powder
- Italian seasoning
- onion powder
- paprika
- poultry seasoning
- salt and pepper

Refrigerated

- Asian garlic chili paste (like sambal oelek)
- dijon mustard
- ketchup
- low-sodium soy sauce
- reduced fat mayonnaise
- worcestershire sauces
- yellow mustard

Other

- apple cider vinegar
- baking powder
- cooking spray
- cornstarch
- honey
- olive oil
- panko bread crumbs
- peanut butter

Add-Ons



Healthy Freezer Breakfast Burritos

Prep Time: 5 Min Cook Time: 15 Min Total Time: 20 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 1 burrito

Amount Per Serving

Calories 273	Calories from Fat 90
	% Daily Value *
Total Fat 10g	16%
Saturated Fat 2g	12%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 190mg	63%
Sodium 788mg	34%
Total Carbohydrate 34g	11%
Dietary Fiber 17g	70%
Sugars 4g	

Protein 27g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

+🍴 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 1 tsp olive oil
- 1 red pepper, sliced thin
- 1 green pepper, sliced thin
- 1/2 cup red onion, sliced thin
- 14 oz canned black beans, drained and rinsed
- 10 eggs
- 12 tbsp reduced fat shredded cheddar cheese
- 6 low carb tortillas
- salt and pepper to taste

Directions

- 1 Heat the olive oil over medium heat. Add the peppers and onions. Cook until tender, about 6-8 minutes. Add 1-2 tbsp. of water if needed to prevent burning.
- 2 Add the beans and let cook for 1-2 minutes.
- 3 Whisk together the eggs, salt, and pepper. Add to the pan. Cook the eggs, scrambling them until cooked through.
- 4 Warm the tortillas in the microwave or oven until soft. Divide the eggs among the tortillas. Sprinkle with 2 tbsp. of cheese. Serve with salsa.
- 5 For the burritos that you are not eating today, let cool and then wrap in saran wrap. Wrap in foil and freeze. To reheat, unwrap completely and wrap in a paper towel. Microwave for 1.5-2 minutes until soft.

4 WeightWatchers® Points



Protein Oatmeal Banana Pancakes

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 3

Nutritional Facts

Serving Size: 3 pancakes

Amount Per Serving

Calories 288	Calories from Fat 41
	% Daily Value *
Total Fat 5g	7%
Saturated Fat 1g	5%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 6mg	2%
Sodium 401mg	17%
Total Carbohydrate 43g	15%
Dietary Fiber 6g	23%
Sugars 10g	

Protein 20g

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+🍷 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 1 1/2 cups oats
- 1 1/2 bananas
- 3/4 cup fat free cottage cheese (or reduced fat)
- 3/4 cup egg whites
- 1/4 cup unsweetened almond milk
- 3/4 tsp cinnamon
- 3/4 tsp baking powder

Directions

- 1 Add everything to a blender and blend until smooth.
- 2 Spray a skillet/griddle over medium high heat with cooking spray. Add the batter and cook until bubbles begin to burst and edges firm up. Flip and cook for 2-3 minutes. Repeat until all pancakes are cooked.



3 WeightWatchers® Points



Turkey Pinwheels

Prep Time: 5 Min Cook Time: 5 Min Total Time: 10 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 6-8 pinwheels

Amount Per Serving

Calories 382	Calories from Fat 133
	% Daily Value *
Total Fat 14g	23%
Saturated Fat 6g	32%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 63mg	13%
Sodium 666mg	29%
Total Carbohydrate 54g	17%
Dietary Fiber 21g	86%
Sugars 24g	

Protein 38g

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+🍷 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 2 low carb tortilla (or whole wheat)
- 4 oz deli turkey
- 4 thin slices reduced fat cheddar cheese (or other)
- 2 tbsp light cream cheese, softened (plain, herb, or chives)
- 1 apple, sliced thin
- 6 leaves Romaine lettuce
- 8 tomato slices
- salt and pepper

Directions

- 1 If the tortilla feels stiff, pop it in the microwave for 10-15 seconds to soften. This will prevent tearing.
- 2 Spread the cream cheese all the way to the edges and sprinkle cranberries on top. Layer the lettuce leaves down the middle of the tortilla. Top with turkey and cheese. Add tomato slices on top.
- 3 Start at the edge of the tortilla and roll up tightly. If you have time, wrap it in plastic wrap and pop it in the fridge or freezer for 20-30 minutes to firm up. Slice into pinwheels.

Notes

Sometimes I also like to add dried cranberries to the cream cheese. So good, especially with chive or herb cream cheese.

6 WeightWatchers® Points



Slow Cooker Tuscan Turkey Sloppy Joes

Prep Time: 10 Min Cook Time: 4 Hours Total Time: 4 Hours, 10 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 3/4 cup

Amount Per Serving

Calories 280	Calories from Fat 74
	% Daily Value *
Total Fat 8g	12%
Saturated Fat 2g	10%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 98mg	33%
Sodium 751mg	33%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	19%
Sugars 10g	

Protein 36g

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

3 WeightWatchers® Points

+🍷 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 1 lbs lean ground turkey sausage
- 1 lbs 99% lean ground turkey
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 cup mushrooms, chopped
- 28 oz crushed tomatoes
- 1/4 cup tomato paste
- 1 tbsp Italian seasoning
- salt and pepper

Directions

- 1 Add the sausage and turkey to a hot skillet and brown completely. Add the onions, garlic, and peppers. Cook for 2-3 minutes.
- 2 Add to the slow cooker along with the remaining ingredients. Cook on low for 4 hours.



Crispy Baked Broccoli

Prep Time: 10 Min Cook Time: 20 Min Total Time: 30 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 3/4 cup

Amount Per Serving

Calories 94	Calories from Fat 37
	% Daily Value *
Total Fat 4g	6%
Saturated Fat 1g	3%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 57mg	2%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	20%
Sugars 3g	

Protein 5g

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Ingredients

- 1.5 lbs broccoli, cut into florets
- 2 garlic cloves, minced
- 1 tbs olive oil (more to taste or olive oil spray)
- salt and pepper
- 1 lemon, juice and zest

Directions

- 1 Preheat the oven to 425 degrees.
- 2 Prepare the broccoli. Chop it into similar size florets and dry off any excess moisture.
- 3 Toss with the olive oil, garlic, salt, and pepper.
- 4 Place on a baking sheet, spreading the broccoli out in a single layer.
- 5 Baked for 18-22 minutes, flipping halfway through or shaking the pan a couple of times. It's finished when the broccoli is tender-crisp and the edges are crispy and browned.



1 WeightWatchers® Points



Creamy Cajun Chicken Pasta

Prep Time: 10 Min Cook Time: 25 Min Total Time: 35 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 2 cups

Amount Per Serving

Calories 385 Calories from Fat 55

% Daily Value *

Total Fat 6g 9%

Saturated Fat 2g 9%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 50mg 16%

Sodium 346mg 15%

Total Carbohydrate 53g 18%

Dietary Fiber 8g 34%

Sugars 7g

Protein 27g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 8 oz high fiber shell pasta (or whole wheat)
- 1 lb boneless skinless chicken breast, cut into chunks
- 2 tbsp Cajun seasoning, divided
- 2 tsp olive oil
- 1 red pepper, sliced thin
- 1 green pepper, sliced thin
- 1/2 red onion, sliced thin
- 4 cloves garlic, minced
- 14 oz canned fire roasted diced tomatoes
- 1/4 cup reduced fat cream cheese
- 1/4 cup scallions

Directions

- 1 Prepare the pasta according to package directions. Drain.
- 2 Toss the chicken with half of the Cajun seasoning. Heat the olive oil over medium high heat in a skillet. Add the chicken and cook for 6-8 minutes, stirring often, until cooked through. Set aside.
- 3 Add the vegetables to the same pan and cook for 6-8 minutes until tender. If they begin to stick, add 1-2 tablespoons of water.
- 4 Turn heat down to low and add the diced tomatoes (undrained), cream cheese, and remaining Cajun seasoning. Cook until cream cheese melts and the sauce is formed. Taste and season if needed.
- 5 Stir in the chicken and pasta. Serve with scallions.

Notes

This recipe is delicious with shrimp as well instead of the chicken. You could also add mushrooms as well when you are cooking the peppers and onions.

6 WeightWatchers® Points



Fish Tacos

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 2 tacos

Amount Per Serving

Calories 254	Calories from Fat 46	% Daily Value *
Total Fat 5g		8%
Saturated Fat 1g		4%
Monounsaturated Fat 0g		0%
Polyunsaturated Fat 0g		0%
Cholesterol 69mg		0%
Sodium 209mg		9%
Total Carbohydrate 27g		9%
Dietary Fiber 5g		19%
Sugars 3g		

Protein 27g

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 lb cod (or other white fish like red snapper)
- 2 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/16 tsp cayenne pepper (optional)
- salt and pepper
- 1 tbsp olive oil
- 2 tbsp lime juice
- 8 corn tortillas (warmed or toasted)
- 2 cup shredded red cabbage (or green)
- 1/4 cup cilantro

Directions

- 1 Combine the chili powder, paprika, cumin, garlic powder, onion powder, cayenne pepper (if using), salt, and pepper. Rub the fish on both sides.
- 2 Heat the olive oil in a heavy skillet. Add the fish and cook for about 3-4 minutes, depending on thickness. Flip and cook an additional 2-4 minutes until opaque and flaky.
- 3 Remove the fish and squeeze lime juice over top of the fish. Serve with shredded cabbage, cilantro, and fish taco sauce if desired.

Notes

These tacos can be made with any white fish fillets including snapper, halibut, haddock, or tilapia. You can also make these tacos with shrimp, salmon, or scallops.

4 WeightWatchers® Points



Easy Corn Salad

Prep Time: 5 Min Cook Time: 5 Min Total Time: 10 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1 cup

Amount Per Serving

Calories 174	Calories from Fat 74
	% Daily Value *
Total Fat 8g	13%
Saturated Fat 1g	7%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 9g	

Protein 4g

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Ingredients

- 3 cup fresh corn (see note)
- 1 cup cherry tomatoes, chopped
- 1 cup cucumbers, chopped (or English)
- 1/4 cup red onion, chopped
- 1/4 cup fresh basil, chopped (or cilantro)
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar (or lime juice)
- salt and pepper

Directions

- 1 Whisk together the olive oil, apple cider vinegar, salt, and pepper in a large bowl. If you prefer a sweeter dressing, add a touch of honey or pure maple syrup.
- 2 Add the corn, cherry tomatoes, cucumbers, red onion, and fresh basil. Toss to combine and season as needed with salt and pepper.

Notes

*The best corn for this salad is fresh corn. The corn can be prepared boiled, grilled, or even raw if the corn is very fresh. Canned corn or defrosted frozen corn will also work, just make sure to defrost/drain it first so the salad isn't soggy.

Optional: Add 1 chopped avocado



1 WeightWatchers® Points



Sheet Pan Thai Cashew Chicken and Vegetables

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 5

Nutritional Facts

Serving Size: 1.5

Amount Per Serving

Calories 326	Calories from Fat 51
	% Daily Value *
Total Fat 6g	8%
Saturated Fat 1g	4%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 74mg	24%
Sodium 1086mg	47%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	15%
Sugars 15g	

Protein 37g

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5 WeightWatchers® Points

+🍴 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 1/3 cup + 1.5 tbsp reduced sodium soy sauce
- 1/3 cup + 1.5 tbsp water
- 2.5 tbsp hoisin sauce
- 2.5 tbsp honey (or replace with Stevia for lower carb)
- 2-3 cloves garlic, minced
- 4 tsp Asian garlic chili paste (optional, adjust to taste)
- 4 tsp cornstarch
- 1 2/3 lbs boneless skinless chicken breast, chopped
- 3/4 tsp pepper
- 20 oz Asian vegetable mix
- 5 tbsp cashews

Directions

- 1 Preheat the oven to 400 degrees. Spray the chicken with cooking spray or toss with olive oil. Season with black pepper. Spread out on to a sheet pan in a single layer, covered in foil and sprayed with cooking spray. Bake for 10 minutes.
- 2 Meanwhile, add the soy sauce, water, hoisin, honey, garlic, Asian garlic chili paste, and cornstarch to a small pan. Bring to a boil and then turn down a low simmer. Cook for 4-6 minutes until it thickens and coats the back of a spoon. Watch the sauce to make sure it doesn't burn.
- 3 Remove the chicken from the oven. Add the vegetables and cashews to the pan. Drizzle with the sauce and toss to coat. Return to the oven and cook for 8-10 minutes until tender crisp.



Pesto Ground Turkey with Zucchini

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 5

Nutritional Facts

Serving Size: 1.5 cups

Amount Per Serving

Calories 401	Calories from Fat 63
	% Daily Value *
Total Fat 19g	11%
Saturated Fat 4g	7%
Monounsaturated Fat 7g	0%
Polyunsaturated Fat 2g	0%
Cholesterol 83mg	28%
Sodium 298mg	13%
Total Carbohydrate 18g	5%
Dietary Fiber 4g	14%
Sugars 12g	

Protein 42g

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+🍴 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 4 tsp olive oil
- 1 sweet onion, diced
- 1 2/3 lbs 99% lean ground turkey
- 2 zucchini, sliced
- 1 summer squash, sliced
- 2 cups cherry tomatoes, halved
- 1/2 cup + 2 tbsp pesto
- salt and pepper to taste

Directions

- 1 Heat the olive oil over medium-high heat. Add the onion and cook for 3-4 minutes until beginning to soften. Add the ground turkey, breaking it up as it cooks. Cook for 5-7 minutes until browned and cooked through.
- 2 Add the zucchini and yellow squash to the pan. Cook for 4-5 minutes. be careful not to overcook the vegetables, the zucchini should be bright green and tender-crisp.
- 3 Add the tomatoes and pesto to the skillet. Cook for 3-4 minutes until warmed through and tomatoes begin to release some of their juices.
- 4 Turn off the heat. Taste the dish and season with fresh black pepper and salt if needed. Drizzle with extra pesto if desired.



5 WeightWatchers® Points



Burger Bowls

Prep Time: 5 Min Cook Time: 15 Min Total Time: 20 Min



SERVINGS: 5

Nutritional Facts

Serving Size: 1 bowl


Amount Per Serving

Calories 332	Calories from Fat 68
	% Daily Value *
Total Fat 13g	20%
Saturated Fat 5g	23%
Monounsaturated Fat 2g	0%
Polyunsaturated Fat 1g	0%
Cholesterol 77mg	26%
Sodium 920mg	40%
Total Carbohydrate 18g	4%
Dietary Fiber 4g	9%
Sugars 8g	

Protein 37g

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 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 1.25 lbs 95% lean ground beef
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1.5 tsp Worcestershire sauce
- salt and pepper to taste
- 10 cups Romaine lettuce, chopped
- 2.5 cups cherry tomatoes, halved
- 1.25 cup pickles
- 1.25 cups reduced fat shredded cheddar cheese
- 2/3 cup red onion, thinly sliced
- 5 tbsp light mayonnaise (special sauce)
- 2.5 tbsp nonfat plain Greek yogurt (special sauce)
- 2.5 tbsp ketchup (special sauce)
- 1 tbsp mustard (special sauce)
- 1 tbsp relish (special sauce)
- 1/2 tsp paprika (special sauce)
- 1/4 tsp garlic powder (special sauce)
- 1/4 tsp onion powder (special sauce)

Directions

- 1 Heat a skillet over medium high heat. Add the ground beef, garlic powder, onion powder, paprika, Worcestershire sauce, salt, and pepper. Cook for 6-8 minutes, breaking it up as it cooks, until fully cooked.
- 2 Make the special sauce by combining the mayo, yogurt, ketchup, mustard, relish, paprika, garlic powder, onion powder, salt, and pepper. Taste and adjust the seasonings as needed. We add a touch of hot sauce to ours.
- 3 Assemble the burger bowls with chopped lettuce, ground beef, tomatoes, pickled, cheese, red onion, and baked fries if you are using them. Drizzle with sauce.

Notes

Homemade baked fries: Preheat the oven to 425 degrees. Slice a potato into thin fries and toss with 1-2 tbsp of olive oil, salt, and pepper. Lay flat on a baking sheet covered in parchment paper in a single layer. Bake for 20 minutes, then carefully flip over and bake for an additional 8-10 minutes. The exact cooking time will depend on thickness.

For a lighter burger bowl, swap in 99% lean ground turkey or ground chicken for the ground beef.

9 WeightWatchers® Points



Crispy Baked Pork Cutlets

Prep Time: 10 Min Cook Time: 15 Min Total Time: 25 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 6 oz

Amount Per Serving

Calories 227	Calories from Fat 57
	% Daily Value *
Total Fat 6g	10%
Saturated Fat 1g	7%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 98mg	33%
Sodium 308mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	1%
Sugars 0g	

Protein 33g

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Ingredients

- 1 1/3 lbs lean pork tenderloin (sliced)
- 2.5 tbsp Dijon mustard
- 1/2 cup Panko breadcrumbs
- 3/4 tsp dried thyme
- salt and pepper
- 2 1/2 tsp olive oil

Directions

- 1 Preheat the oven to 450 degrees.
- 2 Stir the thyme, salt, and pepper into the mustard.
- 3 Spread the mustard mixture evenly over the pork.
- 4 Coat each piece of pork with the panko breadcrumbs.
- 5 Heat a skillet over medium high heat. Add the olive oil and once it is hot, lightly fry the pork for 2 minutes on each side or until brown and crispy.
- 6 Place the whole skillet in the oven and bake for 8-10 minutes until cooked to your liking.



5 WeightWatchers® Points



Oven Baked Parmesan Zucchini Fries

Prep Time: 15 Min Cook Time: 20 Min Total Time: 35 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 8 pieces

Amount Per Serving

Calories 107

Calories from Fat 28

% Daily Value *

Total Fat 3g	5%
Saturated Fat 2g	7%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 172mg	7%
Total Carbohydrate 14g	4%
Dietary Fiber 4g	14%
Sugars 8g	

Protein 9g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 4 zucchini, cut into eighths
- 2 egg whites
- 1/4 cup Parmesan
- 1/4 cup Panko breadcrumbs
- 1 tsp Italian seasoning
- 1/4 tsp garlic powder
- 1/4 tsp red pepper flakes
- salt and pepper
- Cooking spray

Directions

- 1 Preheat the oven to 375 degrees.
- 2 Whisk the egg whites until frothy.
- 3 Mix the Parmesan, breadcrumbs, Italian seasoning, garlic powder, red pepper flakes, salt, and pepper.
- 4 Toss the zucchini in the egg whites and then dredge in the Parmesan and breadcrumb mixture.
- 5 Place on a prepared baking sheet. Bake for 15 minutes. Turn oven to broil and broil until crispy, about 3-4 minutes.



1 WeightWatchers® Points

