Note: Due to Zero Point fruits and vegetables in this menu, calculations using nutritional data alone might reflect a higher PointsPlus or SPPoints value than total listed.

**Snack Ideas**

**Snack #1 (S1)**
**Grocery list assumes 4 Days**

**Cinnamon Apples**
Dice one apple Granny Smith apple into large chunks, keeping peel on. Put in microwave safe bowl with 1 teaspoon light butter. 1 Tablespoon brown sugar and 1 teaspoon cinnamon. Toss to combine. Cover with plastic wrap, and microwave on high for 3 minutes or until tender.

Makes 1 serving @ 2 Points+ per serving

Granny Smith Apple 0
brown sugar, cinnamon and butter 2
Total Points+/serving 2

Calories: 162.8  Fat: 4.1  Carbs: 37.1  Fiber: 4.4  Protein: .5

**Snack #2 (S2)**
**Grocery list assumes 3 Days**

**Broccoli with Ranch Dip**
*Note: You will be using the Skinny Ranch Dressing recipe for lunch too, so make a batch to keep in the refrigerator.*

1 cup broccoli florets 0
1/4 cup Skinny Ranch Dressing 2
Total Points+ 2

Makes 1 serving @ 2 Points+ per serving

Calories: 89  Fat: 1.7  Carbs: 20.6  Fiber: 4.6  Protein: 2

**Breakfast #1 (B1)**
**Grocery list assumes 3 days**

**Open-Faced Bacon, Egg and Spinach Sandwich**
Toast 1/2 of an Everything bagel thin. Spray a large microwave safe mug with non-stick cooking spray. Add one egg and one egg white, then whisk together. Add 2 (one ounce) slices Canadian bacon (chopped). Microwave on high for 1 1/2 minutes. Stir in 2 Tbsp. shredded 2% cheddar and 1/2 cup spinach leaves (rolled then cut into ribbons). Microwave for an additional 1 minute. Place eggs on toasted bagel thin.

Makes 1 serving @ 6 Points+ per serving

Calories: 265  Fat: 10  Carbs: 15  Fiber: 3  Protein: 27

**Breakfast #2 (B2)**
**Grocery list assumes 4 days**

**Blueberry Lemon Pancakes**
In a blender, blend 2 eggs, 2 egg whites, 1 cup rolled or old fashioned oats (uncooked), 1 cup 1% cottage cheese, 2 teaspoons sugar, 1 1/2 teaspoons grated lemon peel and 1 teaspoon vanilla extract until smooth. Stir in 1/2 cup frozen (thawed) blueberries. Heat a griddle or large non-stick skillet over medium-low heat. Spray with non-stick cooking spray. For each pancake pour 1/4 cup of batter onto griddle. Flip when they start to bubble. Cook until golden brown. Repeat with remaining batches, spraying the griddle as needed.

Makes 4 (3 pancake) servings @ 4 Points+ or 5 SPPoints per serving

Calories: 261.2  Fat: 2.9  Carbs: 46.3  Fiber: 5.4  Protein: 15.7

**Lunch #1 (L1)**
**Grocery list assumes 3 days**

**Turkey and Pear Sandwich with Lemon Mayo**
Toast one Everything bagel thin. Stir 1 teaspoon(s) grated lemon peel with 1 Tablespoon(s) light mayonnaise. Spread on one half of an Everything bagel thin. Top with 1 cup spinach leaves (rolled and sliced), 2 ounces lean turkey breast and 1/2 pear (thinnly sliced). Top with other bagel thin half.

Makes 1 serving @ 6 Points+ per serving

Calories: 252  Fat: 6.2  Carbs: 34  Fiber: 7.8  Protein: 18

**Lunch #2 (L2)**
**Grocery list assumes 3 days**

**Santa Fe Salad with Chili Lime Dressing**
Recipe makes dressing and salad for 4 servings.
*To make dressing:*
in a small bowl, whisk together 1/2 cup Skinny Ranch Dressing, 2 Tbsp. lime juice, and 1/2 tsp. chili powder until smooth. Transfer to a jar or a plastic container with a tight-fitting lid and refrigerate until ready to use. For Salad:
In a food storage container, layer 6 cups romaine lettuce (cut into thick shreds), 1/2 cup cilantro leaves, 15 oz can reduced-sodium black beans (rinsed and drained), 1 1/2 cup(s) cooked frozen (thawed) corn kernels, 2 sliced green onions, 2 cup(s) grape tomatoes, and 1 medium sweet red pepper (cut into thin strips; cover and refrigerate until ready to use. For each serving: spoon 1/4 of salad ingredients into a bowl. Shake dressing and top with 2 Tbsp. dressing. Toss to coat.

Makes 4 servings @ 4 Points+ per serving.

Calories: 184  Fat: 1.7  Carbs: 34  Fiber: 9.3  Protein: 11

**Desserts**

**Mini Cheesecakes:** Preheat oven to 350°. Line 12 cup cupcake tin with liners. Place one vanilla wafer at the bottom of each liner. With electric mixer, in large bowl, gently beat 8 ounces reduced fat cream cheese, 1/4 cup sugar (or Splenda) and 1 tsp vanilla until smooth. Gradually beat in 6 ounces 2% vanilla greek yogurt and 1 large egg (lightly beaten), 3 Tbsp lemon juice, 1 Tbsp lemon zest, 1 Tbsp all-purpose flour just until blended. Do not over beat. Pour into cupcake liners filling half way. Bake 25 minutes or until center is almost set. Cool to room temperature, then chill for a few hours (or longer) in the refrigerator. Top each serving with 6 frozen (thawed) unsweetened blueberries. Refrigerate leftovers. Makes 12 servings @ 3 Points+ per serving  Calories: 108.6  Fat: 4.7  Carbs: 12.6  Fiber: 1.1  Protein: 3.6

**Banana Pudding:** Combine 2 cups 2% milk and 1 small (4-serving) package sugar-free fat-free instant vanilla pudding mix in a bowl. Beat with an electric mixer or a whisk for 2 minutes, or until thoroughly blended. Set aside. Count out 24 reduced-fat vanilla wafers and slice 2 bananas. In a 9-inch square baking pan, arrange a layer of wafers flat side down, and then top with a layer of banana slices. Continue alternating layers until all of the wafers and banana slices are in the dish. Top the dish with the pudding and let it set down in between the wafer and banana layers. Cover and refrigerate for 2 to 3 hours.

Makes 8 (1/3 cup) servings @ 3 Points+ per serving  Calories: 102  Fat: 2  Carbs: 21.5  Fiber: 1  Protein: 3

**Dinner On Next Page**
Shrinking On a Budget
Sample Meal Plan

IMPORTANT LEGAL INFO: Shrinking On A Budget is not affiliated with Weight Watchers International in any way, and Weight Watchers has not reviewed this meal plan for accuracy or suitability for WW members. See bottom of Meal Plan for more detail.

Note: Due to Zero Point fruits and vegetables in this menu, calculations using nutritional data alone might reflect a higher PointsPlus or SMPoints value than total listed.

Dinner

Extra Meat Free Dinner: Black Bean Tacos with Cilantro Lime Sauce
Freezer to Slow Cooker: Citrus Honey Chicken Legs

Dinner #1 (D1)
Buffalo Turkey Burger

Carrot Pineapple Salad: Drain a 15 ounce canned crushed pineapple in juice, reserving 1 Tablespoon of the juice. Combine 1 cup of the pineapple, 1/2 cup parsley, and 4 cups grated carrots in a large bowl. In small bowl, whisk together 2 tablespoons fresh lemon juice, 1/2 teaspoon Splenda or sugar and the reserved Tablespoon of pineapple juice until Splenda or sugar has dissolved. Add 2 tablespoons canola oil and whisk again. Add dressing mixture to carrot mixture; toss well. Cover and chill for at least 30 minutes if possible. Makes 6 servings @ 2 Points+ per serving

Calories: 130 Fat: 4.9 Carbs: 22.7 Fiber: 2.3 Protein: 1

Dinner #2 (D2)

Lemon Greek Chicken

Cilantro Lime Rice: Cook one (3.5 ounce) bag boil in bag rice according to package directions (or use 1 1/2 cups cooked rice). In small bowl, whisk together 3 Tablespoons lime juice, 1/8 teaspoon chili powder, 1/8 teaspoon garlic powder, 1/4 teaspoon salt, and a pinch of Cajun seasoning. Set aside. In large bowl, combine 1 1/2 cups hot cooked long grain rice, 1 cup canned black beans (rinsed and heated), 3/4 cup cooked frozen corn (heated), 1 large ripened tomato (diced), 1 large or 2 small green onions (finely diced), 3-4 Tablespoons chopped cilantro, and lime juice. Toss ingredients to distribute lime juice. Cover and chill for at least 30 minutes if possible.

Makes 4 servings @ 4 Points+ per serving

Calories: 154 Fat: .7 Carbs: 33 Fiber: 4 Protein: 5.7

Dinner #3 (D3)

Greek Gyros

Melon: Combine 1/4 cup white vinegar and 1 teaspoon brown sugar and whisk until smooth. Pour over 4 cups cubed melon and toss.

Makes 4 servings @ 0 Points+ each

Calories: 62 Fat: .3 Carbs: 15.9 Fiber: 1.7 Protein: 1.2 Sat Fat: 0 Sugars: 7

Dinner #4 (D4)

Slow Cooker Pork Chops with Garlic Ranch Gravy

Marinated Broccoli Tomato Salad: Combine 4 cups broccoli florets (coarsely chopped), 1 cup cherry tomatoes (halved), 1/2 cup shredded 2% sharp cheddar cheese, 1/4 cup thinly sliced red onions and 2 Tbsp. sunflower seeds. In small bowl, whisk together 1/2 cup Lightened Up Italian Dressing (Click Link or See Page 11 of PDF), 1.5 teaspoons sugar and 2 teaspoons Dijon mustard. Add dressing mixture to salad and toss. This can be served immediately but is best if chilled and marinated for at least 4 hours. Makes 4 (1 1/3 cup) servings @ 3 Points+ per serving

Calories: 120 Fat: 7 Carbs: 10 Fiber: 2 Protein: 6

Dinner #5 (D5)

Cheesy Tortellini and Basil Soup

Peaches and Blueberries: In medium bowl, combine (2) 15 ounce cans sliced peaches in 100% juice and 2 cups frozen (thawed) no-sugar-added blueberries.

Makes 4 (1.25 cup) servings @ 0 Points+ per serving. Calories: 127 Fat: 0 Carbs: 29.2 Fiber: 2 Protein: 0

Dinner #6 (D6)

Crispy Herbed Tilapia

Everyday Salad: In large bowl, toss 5 cups chopped romaine, 1/4 cup Craisins and 1 cup shredded carrots. Toss with 1/2 cup Lightened Up Italian Dressing.

Makes 4 servings @ 3 Points+ per serving

Calories: 141.5 Fat: 6.9 Carbs: 12.8 Fiber: 2.2 Protein: 1.4

Dinner #7 (D7)

Meatloaf Muffins

Southwestern Corn: Heat 2 teaspoons canola oil in a large nonstick skillet over medium-high heat. Add 1 large red bell pepper (diced) and 3 cups frozen (thawed) corn kernels; cook 4-5 minutes, stirring occasionally, until just tender. Stir in 1 teaspoon chili powder and 1/2 teaspoon ground cumin and 1/4 teaspoon salt; cook for 30 seconds more. Add 1 small can diced fire roasted chilies (drained), stirring, until heated through, about 2 minutes more.

Makes 6 (2/3 cup) servings @ 2 Points+ per serving

Calories: 98 Fat: 2.1 Carbs: 16 Fiber: 3 Protein: 2

Herbed Snap Peas: Cook 2 (9 ounce) packages frozen sugar snap peas according to microwave package instructions. Drain peas, return to dish, then coat cooked peas with 2 teaspoons light butter and 1 teaspoon dried basil.

Makes 4 servings @ 0 Points+ per serving

Calories: 60 Fat: .9 Carbs: 8.8 Fiber: 1.8 Protein: .34
Staples We Assume You Have:
(check to plan accordingly)
- light butter (S1)(D7)
- canola oil (D1)(D4)(D6)(D7)
- olive oil (D2)(D3)(D5)(D7)
- cupcake liners (DES1)
- cinnamon (S1)
- all-purpose flour (DES1)
- sugar or Splenda (DES1)(D2)(D3)(D4)(D6)
- non-stick cooking spray (B2)(D6)(D7)
- light mayonnaise (S2)(L1)(D1)
- white vinegar (S2)(D2)(D3)
- red wine vinegar (D4)(D6)
- dijon mustard (D4)(D6)
- yellow mustard (D7)
- Worcestershire sauce (D7)
- chili powder (L2)(D2)(D7)
- cumin (D7)
- oregano (D2)(D3)(D4)(D6)(D7)
- ketchup (D7)
- garlic powder (D2)
- basil (D5)(D6)(D7)
- brown sugar (S1)(D3)
- vanilla extract (B2)(DES2)
- Montreal Steak Seasoning (D4)  (we use often)
- Tony Chachere’s Cajun Seasoning (D2)(D3)(D6)(we use often)

Frozen
- (3 cups) frozen unsweetened blueberries (B2)(DES1)(D5)
- (5 1/4 cup(s)) frozen corn kernels (L2)(D2)(D7)
- (1 1/2 cups) frozen chopped onion (D5)(D7)(can use fresh)
- 2 (9 ounce) packages frozen sugar snap peas (D7)

Produce
- (4) Granny Smith apples (S1)
- (3) broccoli crowns (S2)(D4)
- parsley (S2)(D1)
- (7 1/2 cups) fresh spinach (B1)(L1)(D5)(ok to get large leaf)
- sugar (B2)(D4)
- dijon mustard (D4)
- (4) lemons (only need 3 lemons if you have lemon juice) (B2)(L1)(DES1)(D1)(D2)(D3)(D4)(D6)
- (3) pears (L1)
- green onions (L2)(D2)
- (2 cups) grape tomatoes (L2)
- (1 cup) cherry tomatoes (D4)
- head romaine lettuce (L2)(D1)(D6)
- (2) red bell pepper (L2)(D7)
- (4) vine ripened tomatoes (D1)(D2)(D3)
- (2) bananas (DES2)
- cilantro (L2)(D2)
- (2) red onions (D1)(D3)(D4)
- garlic (D2)(D3)(D4)(D5)(D7)
- (2) cucumbers (D3)
- parsley (D1)(D3)(D4)(D6)
- 1/2 ripe melon (D3)
- (1 pound) carrots (D1)(D6)(D7)
- bulb fennel (L2)(D2)(MAH)

Dry Goods
- (3.5 ounce) bag boil in bag rice (D2)
- (3 cups) dried cheese tortellini (like Barilla 3 Cheese)(D5)

Baking/Spices
- small (4-serving) package sugar-free fat-free instant vanilla pudding mix (DES2)
- (2/3 cup) panko bread crumbs (or make your own)(D6)(MAH)
- (1/4 cup) plain dry bread crumbs (D1)(MAH)
- (1/4 cup) dried cranberries (like Craisins)(D6)(MAH)
- (2 Tbsp) sunflower seeds (D4)(MAH)

Breakfast/Cereals
- (1 cup) rolled or old fashioned oats (B2)

Snacks/Chips/Cookies/Crackers
- store-brand vanilla wafers (DES1)(DES2)

Canned
- (2)(15 ounce) can reduced-sodium black beans (L2)(D2)
- (15 ounce) canned crushed pineapple in juice (D1)
- (1 can) 98% fat-free cream of chicken soup (like Healthy Request)(D4)
- (2) 15 ounce cans sliced peaches in 100% juice (D5)
- (4.5 oz.) can diced fire roasted chilies (D7)
- (5.5 cups) 98% fat free reduced sodium chicken broth (D5)
- (14-ounce) can diced tomatoes (D5)

Deli
- (6 ounces) lean turkey (L1)

Condiments/Sauces/Dressings
- (3) packages ranch salad dressing and seasoning mix (S2)(L2)(D1)(D4)
- 1 package Good Seasons Italian Dressing (D4)
- (1/4 cup) buffalo wing sauce or (2 Tbsp.) hot sauce (D1)(MAH)

Dairy
- (2 cups) fat-free plain greek yogurt (S2)(L2)(D1)(D2)(D3)
- (3 1/2 cups) 2% milk (S2)(L2)(DES2)(D4)
- (13) eggs (B1)(B2)(DES1)(D7)
- (1 cup) 1% cottage cheese (B2)
- 8 ounces reduced fat cream cheese (DES1)
- 6 ounces 2% vanilla greek yogurt (DES1)
- (1/2 cup) shredded 2% cheddar cheese (B1)(D4)

Meat/Poultry/Seafood
- (6 ounces) Canadian bacon (B1)
- (1.25 pounds) lean ground turkey (D1)
- (2 1/4 pounds) boneless skinless chicken breast (D2)(D3)
- 4 (5 ounce) bone-in loin pork chops (at least 1 inch thick)(D4)
- 4 (5-ounce) tilapia fillets (D6)
- 1 1/2 pounds ground beef, extra lean

Bread
- Everything bagel thin (B1)(L1)
- light hamburger buns (D1)(D7)
- 4 Flat-Out Light wraps (D3)
Wildly Delicious
Buffalo Turkey Burger

The mayonnaise in this recipe binds like an egg, but makes the burger insanely moist.

*Points+ Value: 7  SMPoints Value: 7

Servings: 5

Ingredients:
1/4 cup + 1 Tablespoon light mayonnaise (divided)
3 Tablespoons plain non-fat greek yogurt
1.25 pounds lean ground turkey
1/4 cup Buffalo wing sauce (we use Franks) or 2 Tbsp. hot sauce (like Tabasco)
1/4 cup plain dry bread crumbs
1 1/2 Tablespoons grated red onion
1 envelope Hidden Valley Ranch dressing (divided)
5 light hamburger buns
5 slices vine ripened tomato
5 slices romaine lettuce

Directions:
In small bowl, mix together 1 Tablespoon of mayonnaise with yogurt and 1/8 teaspoon of ranch dressing. Set aside. In large bowl mix together
In small bowl, mix together wing or hot sauce with 1/4 cup mayonnaise, then add turkey and red onion. Sprinkle remaining ranch seasoning over
turkey and mix together until just incorporated (do not over mix); shape into 5 flat patties about the diameter of the bun (easiest to do on waxed
paper). Spray grill pan or griddle with non-stick cooking spray and preheat to medium-low. Grill 4 minutes on one side, then flip. Continue
grilling another 4-5 minutes or until cooked through (165 is safe temperature).

Spread each bun with 1 Tablespoon ranch mayonnaise/yogurt mixture. Top with burger, then lettuce and tomato.

Picky Eater Tips: These are not super spicy burgers, but you can cut back on the amount of wing or hot sauce if you are concerned about
heat level. Just be sure and note the difference in the amount of wing sauce versus hot sauce to use! Serve hot sauce or wing sauce on
the side for those who want more of a kick.

Cooking Tips: *If you have a reliable instant read thermometer, I highly recommend you use for these burgers. One of the secrets to a
great turkey burger is to NOT overcook it. But it does need to be 165 to be considered a safe temperature.

http://shrinkingonabudgetmealplan.com/MPRecipes/BuffaloTurkeyBurger.html
**Lemon Greek Chicken**

- **Points+ Value:** 5  
- **SMPoints Value:** 4

**Servings:** 4

**Ingredients:**
- 2 1/4 pounds boneless skinless chicken breast, cut into 4 ounce portions
- 3 large garlic cloves, minced or garlic press
- 3 teaspoon white vinegar
- 1/8 teaspoon Splenda or sugar
- 3 Tablespoons lemon juice
- 1 Tablespoon extra virgin olive oil
- 3 Tablespoons plain non-fat greek yogurt
- 2 Tablespoons dried oregano
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon cajun seasoning or ground red pepper (we use Tony Chachere's)

**Directions:**
Cut chicken breasts into 4 ounce portions and pound thick ends lightly just to equal thickness of thinner side (easiest to do in a ziplock bag).

Combine remaining ingredient in a ziplock bag. Add chicken and marinate for at least 2 hours and up to 24 hours.

**To Grill:** Preheat grill to medium high. Remove chicken from bag; discard marinade in bag. Sprinkle chicken with salt. Grill chicken 4-5 minutes per side (flipping only once) or until meat thermometer reaches 165.

**To Cook in Oven:** Preheat oven to 425. Place chicken in a baking pan which has been lined with foil. Cook for twenty minutes in oven at 425 or until chicken reaches 160 (and juices run clear).

Reserve and refrigerate half of chicken for **Chicken Gyros** another night. Sprinkle tonight’s chicken with chopped parsley.

**Cooking Tips:** Don’t skip the step of pounding the chicken breasts to even thickness. This makes for even grilling. Chicken goes from juicy and tender to hockey puck dry in a span of 5 minutes. After total cook time of 8 minutes on grill, test with an instant read thermometer. If not at 160, put back in for 3 more minutes and continue to check.

**Picky Eater/Non-Dieter Tips:** This is mild but flavorful chicken. Serve with their favorite dipping sauce and this will be a huge hit.
**Double Duty/Plan Ahead:** Use extra chicken you cooked on [Lemon Greek Chicken](http://shrinkingonabudgetmealplan.com/MPRecipes/chickengyro2.html) night to make this a true Desperation Dinner.

### Greek Gyro with Cucumber Tomato Salad

- **Fake-Out/Take-Out**
- **Double Duty/Plan Ahead**
- **Desperation Dinner**

#### Calories: 295  Fat: 9  Carbs: 220  Fiber: 10.5  Protein: 37.5  Sat. Fat: 1.9  Sugar: 3

**Points+ Value: 7  SMPoints Value: 5**

**Servings:** 4

**Ingredients:**

**Gyro:**
- 16 ounces [Lemon Greek Chicken](http://shrinkingonabudgetmealplan.com/MPRecipes/chickengyro2.html) (planned leftovers)
- 2 vine ripened tomatoes, seeded and diced
- 1 cucumber, peeled and diced
- 1/4 cup red spanish onion, finely chopped
- 1/4 cup fresh parsley leaves, chopped
- pinch of salt and pepper to taste
- 4 Flat-Out Light wraps

**Sauce**
- 1 cucumber (peeled)
- 2/3 cup non-fat plain greek yogurt
- 1 teaspoon white vinegar
- pinch of Splenda
- 2 teaspoons lemon juice
- 2 teaspoons extra virgin olive oil
- 1/2 garlic clove, minced
- 1/4 tsp salt
- Black pepper

**Directions:**

**Make Sauce:** Cut the cucumber in half lengthwise. Use a teaspoon to scrape the watery seeds out. Using the large holes of a box grater, grate the cucumber. Wrap the grated cucumber in paper towels or a dish towel and squeeze firmly to remove excess liquid. Place squeezed cucumber in a bowl. Add yogurt through pepper (sauce ingredients) then mix to combine. Taste to adjust for seasonings. Let rest while prepping rest of dinner.

**Topping:** Make tomato cucumber topping by combining tomatoes, diced cucumber, red onion and a dash of salt and pepper in medium bowl. Set aside.

**Wrap:** Cut chicken into either small portions or slice. Place in oven safe microwave dish and re-heat for 1 minutes or just until heated. Spoon tomato cucumber topping down center of wrap. Top with chicken, then spoon on 3 Tablespoons sauce. Wrap and enjoy! Serve remaining tomato and cucumber mixture as salad on the side.

**Picky Eater/Non-Dieter Tips:** Put their wrap in the microwave topped with their favorite cheese - then top with chicken. Or serve the chicken plain with their favorite dipping sauce.

**Cooking Tips:** This is a no-brainer recipe. Just be sure and taste the sauce after combining ingredients to check for seasoning level.

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Slow Cooker Pork Chops with Garlic Ranch Gravy

*Points+ Value: 6  SMPoints Value: 6

Calories: 267  Fat: 11  Carbs: 7  Fiber: .5  Protein: 29  Sat. Fat: 3.9  Sugar: 1

Servings: 4

**Ingredients**
4 (5 ounce) bone-in loin pork chops (at least 1 inch thick)
1 teaspoon Montreal Steak Seasoning
1 package (1 ounce) dry Ranch dressing mix
1 clove garlic, minced or garlic press
1 can 98% fat-free cream of chicken soup (like Campbell's Healthy Request)
1/2 cup 2% milk
1/4 cup chopped parsley

**Directions:**
**Brown Pork Chops (optional):** Heat two teaspoons olive oil in non-stick skillet over medium-high heat. Swirl to coat pan. Sprinkle one side of pork chops with steak seasoning. Place pork chops (seasoning side down) in skillet and brown for 1-2 minutes on one side just until brown. This is primarily for appearance.

**Slow Cooker:** Add ranch dressing mix, garlic, and soup into slow cooker. Stir to combine. Place pork chops (browned side up) in slow cooker.

**Note:** if you skipped the browning step, top pork chops with steak seasoning at this point). Cook on low for 5-6 hours or until fork tender.

**To serve:** Place pork chops on plate, browned side up and sprinkle with parsley. Spoon sauce over chops if desired.

**Cooking Tips:** Bone-in pork chops are much more suitable for the slow cooker when you are using the leaner cuts since the bone helps keep moisture in.

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Cheesy Tortellini Soup

- Desperation Dinner
- 20 Minutes or Less
- Meal In One

*Points+ Value: 7  SMPoints Value: 8


Servings: 5 (hearty servings)

Ingredients:
1 Tablespoon olive oil
1/2 cup frozen chopped (thawed) onion
1 clove garlic, minced (or 1 teaspoon garlic powder)
5.5 cups 98% fat free reduced sodium chicken broth
1 (14-ounce) can diced tomatoes
2 teaspoons dried basil
3 cups dried cheese tortellini (like Barilla 3 Cheese)
Coarse grained kosher salt and cracked black pepper
5 cups fresh spinach (chopped in half if large)

Directions:
In a 3-quart soup pot, heat olive oil over medium high heat. Saute the onion 5 minutes, stirring often. Add garlic and basil to onions and continue sauteing until onions are translucent, about 2 more minutes. Add broth and tomatoes, turn heat up to high, and bring to a boil. Add the tortellini and cook according to package instructions. When tortellini has 2 minutes remaining, add spinach, adjusting seasonings with salt and pepper. Serve immediately.

Picky Eater Tips: Fish their tortellini out of the soup and serve with butter or simply remove spinach from their bowl of soup.

Cooking Tips: Make sure the onions are tender before adding other ingredients.

Unless you are attempting a vegetarian meal, the chicken broth adds a nice depth to this soup.

We have tested frozen, dried and refrigerated tortellini in this soup. The dry cheese tortellini (usually 4 cheese etc...) works the best. It also happens to be the least expensive. Find it with the dry pastas. Have any sides ready to go. This soup is best served immediately.
Crispy Garlic and Herb Tilapia

**Points+ Value:** 5  **SMPoints Value:** 5

**Calories:** 220  **Fat:** 6  **Carbs:** 10  **Fiber:** 2  **Protein:** 31  **Sat. Fat:** 1.5  **Sugar:** 1

**Servings:** 4

**Ingredients:**
- 2/3 cup panko bread crumbs (purchase or make your own)
- non-stick cooking spray
- 1 tablespoon grated lemon zest
- 1 tablespoon olive oil
- 2 teaspoons dried basil
- 1/4 cup chopped parsley
- 1/2 kosher salt
- 1/8 teaspoon cajun seasoning (like Tony Chachere's)
- 4 (5-ounce) tilapia fillets

**Directions:**
Preheat oven to 425. Stir together lemon zest, olive oil, parsley, basil, salt and cajun seasoning in a medium bowl. Stir in bread crumbs and mix until evenly blended. Line a baking sheet with foil or parchment and spray with non-stick cooking spray.

Pat fillets dry with paper towels. Coat both sides of fillets by pressing into crumb mixture in the bowl and then place them onto the prepared baking sheet. Press remaining crumbs on top of fillets. Bake for 12 minutes and pull fish out to check. Fish is done when opaque and flakes easily. If still not done, return to oven and check in 3 minute intervals. If crumbs start to brown too quickly, move fish to a lower oven rack or tent a piece of foil over the fish (try to avoid foil touching crumbs if possible).

**Picky Eater Tips:** Top their fish portion with plain bread crumbs seasoned with just salt and perhaps garlic powder.

**Cooking Tips:** After the 12 minute mark, keep a close eye on the fish every 3 minutes. You want the fish to be cooked obviously, but not overdone.

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Meat Loaf Muffins

*Points+ Value: 6  SMPoints: 7
Calories: 276  Fat: 8.6  Carbs: 21.7  Fiber: 1.8  Protein: 28.7  Sat. Fat: 3.1  Sugar: 4

Servings: 6 (2 muffins)

Ingredients:
1 teaspoon olive oil
1 cup frozen (thawed) chopped onion
1/2 cup grated carrot
1 teaspoon dried oregano
2 garlic cloves, minced
1 cup ketchup, divided
1 1/2 pounds ground beef, extra lean (raw)
3/4 cup fresh bread crumbs (use blender and leftover hamburger buns)
2 tablespoons prepared yellow mustard plus 1 teaspoon (divided)
1 teaspoon brown sugar or 1/2 teaspoon Splenda brown sugar blend
1 teaspoon Worcestershire sauce
1/4 teaspoon freshly ground black pepper
2 large eggs
non-stick cooking spray

Directions:
Preheat oven to 350. If you haven’t already done so, place 1.5 hamburger buns in a blender or food processor to make 3/4 cup bread crumbs. Mix together brown sugar, 1/2 cup ketchup, 1 teaspoon mustard and set aside. Roughly chop the grated carrot. Heat the olive oil in a large nonstick skillet over medium-high heat. Add chopped onion chopped carrot, dried oregano, and minced garlic; sauté 2 minutes. Let cool slightly (maybe 5 minutes).

Combine onion mixture, ground beef, 1/2 cup ketchup, remaining mustard, bread crumbs, Worcestershire sauce, pepper and eggs in a large bowl.

Spoon the meat mixture into 12 muffin cups coated with cooking spray. Top each with 2 teaspoons ketchup mixture. Bake at 350° for 25 minutes or until a thermometer registers 160°. Let stand for 5 minutes.

Cooking Tips: Make sure you let these stand for 5 minutes before serving. Otherwise they fall apart in the muffin tins.

Picky Eater/Non-Dieter Tips: Kid’s love these. If they are not a fan of ketchup, just leave the topping off their portion.

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Black Bean Tacos with Cilantro Lime Sauce

This delicious dinner comes together in less than 20 minutes!

*Points+ Value: 7  SMPoints Value: 8
Calories: 285  Fat: 8.3  Carbs: 44  Fiber: 10  Protein: 12  Sat. Fat: .9  Sugar: 6
Servings: 4 (2 tacos)

Ingredients:
For the tacos
Two 15 oz. cans black beans (drained and rinsed)
1 cup salsa (restaurant-style or other)
1 tsp. cumin
(8) corn tortillas
1 medium ripe tomato
1 1/4 cups chopped romaine

{For the sauce}
1/2 ripe avocado
3/4 cup cilantro, stems removed
Juice from 2 limes
1 clove garlic, chopped
1 Tbsp. olive oil
1 teaspoon honey
1/8 teaspoon salt
1/8 teaspoon Tony Chachere's Cajun Seasoning

Directions:
Make the avocado sauce: in a food processor or blender, add all sauce ingredients and blend. Add a touch of water to thin if necessary, and tweak seasonings as desired. Set aside, or refrigerate if making ahead of time.

Make Tacos: Measure out two cups of the black beans. In a pan over medium heat, add black beans (rinsed and drained), salsa, and cumin. Heat for about 5 minutes stirring occasionally, until heated through. (Optional: mash beans after heating for a creamier filling.)

While the beans are heating, chop and prepare lettuce and tomatoes. Warm the tortillas if desired.

Assemble the tacos: Spoon the black bean mixture in the center of the tortillas, drizzle 2-3 Tablespoons of avocado sauce over the top, and add your toppings.

Cooking Tips: I prefer to mash the beans with a potato masher after cooking since my family prefers a smoother filling. But if your family like things chunky, just leave the beans "as is" once they are cooked. The good thing is you can decide last minute which you prefer.

Picky Eater Tips: Add the cumin to the beans at the very end. Scoop out their portion of beans before you add cumin. Put their beans on the tortilla with a generous portion of grated 2% cheddar and microwave for 20 seconds or until cheese begins to melt.
Honey Orange Drumsticks

*Points+ Value: 6

Calories: 248  Fat: 7  Carbs: 18  Fiber: 0  Protein: 28

Servings: 6

Ingredients:
1/3 cup honey
2 teaspoons orange zest
2 tablespoons orange juice
3 tablespoons reduced-sodium soy sauce
3 cloves garlic, minced
1 1/2 tablespoons minced fresh ginger (see here for how to peel)
1 tablespoon rice vinegar
1/4 teaspoon crushed red pepper
12 medium chicken drumsticks (3-3 1/2 pounds)(skin removed - see instructions)
2 tablespoons chopped fresh cilantro
2 teaspoons toasted sesame seeds

Directions:
Remove the skin from chicken drumsticks by gripping the skin from the meaty end of the drumstick with a paper towel and pull down toward the exposed bone until it comes off completely.

To Freeze: Label 1 gallon freezer bag with recipe name. Note on bag cooking instructions. Add all ingredients but cilantro and sesame seeds. Freeze until ready to use.

When ready to cook: Thaw overnight in refrigerator. If you forget, run sealed bag under cold water for 5 minutes. Coat a 5- to 6-quart slow cooker with cooking spray. Add contents of bag and stir to coat chicken. Cover and cook until an instant-read thermometer registers 165°F when inserted into the thickest part of the meat without touching bone, 2 to 3 hours on High or 4 hours on Low. **NOTE:** If legs are still partially frozen when you put them in slow cooker, add 1 hour to cook time.

Transfer the drumsticks to a bowl. Very carefully pour the liquid from the slow cooker into a medium skillet. Bring to a boil over high heat. Boil until reduced and syrupy, 10 to 15 minutes. Pour the sauce over the drumsticks and stir to coat. Serve sprinkled with cilantro and sesame seeds.

**Cooking Tips:**
*You can substitute parsley for cilantro*
*For food safety reasons, we do not recommend putting completely frozen chicken in the slow cooker. We have subscribers tell us they have been doing this for years, but, based on FDA guidelines, we can't recommend. At the very least, run the sealed bag under cool water for at least 5 minutes or thaw overnight in refrigerator.*

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Homemade Panko Bread Crumbs

Store in airtight container in pantry for up to 2 months
Obviously you can adjust amounts in this recipe

Servings: Yields 3-4 cups

Ingredients:
1 loaf white bread

Directions:
Push chunks of white bread through the shredding disk of a food processor to make coarse crumbs (see photo above). If you don’t have a food processor, you can pulse in a blender using only a few slices at a time.

Spread the crumbs on a baking sheet and bake at 300 F degrees until the crumbs are dry but not toasted, about 6 to 8 minutes. Shake the sheet twice during baking. Be careful not to let the crumbs brown!

Immediately remove bread crumbs from oven and allow them to cool.

Once cooled, crumbs may be stored in the freezer, in a resealable plastic bag for as long as several months.

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Light Everyday Dressing

*Points+ Value: 2    SMPoints Value: 2

Calories: 80    Fat: 8.4    Carbs: .1    Fiber: 0    Protein: 0    Sat. Fat: .6    Sugar: 1

Servings: 10 (2 Tbsp servings)

Ingredients:
1 package Good Seasons Italian Dressing
6 Tablespoons red wine vinegar
1 Tablespoon dijon mustard
1/2 teaspoon Splenda or sugar
4 Tablespoons lemon juice
1/2 teaspoon oregano
6 Tablespoons water
6 Tablespoons canola oil

Directions:
Combine all ingredients in a shaker or lidded container and shake. Allow to sit for at least 20 minutes before using. Refrigerate leftovers.

After refrigeration, allow dressing to come to room temperature for at least 15-20 minutes; shake before use.

Cooking Tips: You can substitute any type vinegar for red wine vinegar.

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Skinny Ranch Dressing

*Points+ Value: 1  SMPPoints: 1

Calories: 21  Fat: .7  Carbs: 1.4  Fiber: 0  Protein: 2  Sat. Fat: .2  Sugar: 2

Servings: 17 (2 Tbsp serving)

Ingredients:
1 package ranch salad dressing and seasoning mix
1 cup fat-free plain greek yogurt
2 Tablespoons light mayonnaise
1 cup 2% milk
1/4 cup white vinegar
2 Tbsp. chopped parsley

Directions:
Combine vinegar and milk and whisk together. Allow to sit for 5 minutes. After allowing to sit, combine vinegar/milk mixture and all other ingredients in either blender or lidded tupperware container and shake or blend. If using tupperware container, you might have to whisk out lumps of yogurt/mayo once shaken. Dressing should be smooth.

Cooking Tips: If you have the time, the blender (or Magic Bullet) is the best method of mixing dressing.

Picky Eater/Non-Dieter Tips: This is a picky eater favorite.

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