

## SAMPLE WEEK

### Day 1

**Mushroom Asparagus  
Chicken Stir-Fry**  
watermelon



Carb Choices 1

Amount Per Serving	
<b>Calories</b>	239.25
Calories From Fat (37%)	89.44
% Daily Value	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.64g	<b>8%</b>
<b>Cholesterol</b> 72.58mg	<b>24%</b>
<b>Sodium</b> 206.65mg	<b>9%</b>
<b>Potassium</b> 771.28mg	<b>22%</b>
<b>Total Carbohydrates</b> 10.86g	<b>4%</b>
Fiber 2.61g	<b>10%</b>
Sugar 7.27g	
<b>Protein</b> 27.57g	<b>55%</b>

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### Day 3

**Garlic Lemon Chicken**  
mixed vegetables  
orange slices



Carb Choices 3

Amount Per Serving	
<b>Calories</b>	390.71
Calories From Fat (25%)	98.01
% Daily Value	
<b>Total Fat</b> 11.15g	<b>17%</b>
Saturated Fat 1.83g	<b>9%</b>
<b>Cholesterol</b> 72.58mg	<b>24%</b>
<b>Sodium</b> 240.7mg	<b>10%</b>
<b>Potassium</b> 1082.99mg	<b>31%</b>
<b>Total Carbohydrates</b> 44.52g	<b>15%</b>
Fiber 12.97g	<b>52%</b>
Sugar 0.21g	
<b>Protein</b> 32.83g	<b>66%</b>

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### Day 2

**Turkey Muffin Meatloaf  
Sweet Potatoes in Slow  
Cooker**

pineapple



Carb Choices 3

Amount Per Serving	
<b>Calories</b>	336.69
Calories From Fat (22%)	72.6
% Daily Value	
<b>Total Fat</b> 8.11g	<b>12%</b>
Saturated Fat 2.35g	<b>12%</b>
<b>Cholesterol</b> 85.55mg	<b>29%</b>
<b>Sodium</b> 202.16mg	<b>8%</b>
<b>Potassium</b> 794.41mg	<b>23%</b>
<b>Total Carbohydrates</b> 44.86g	<b>15%</b>
Fiber 6.01g	<b>24%</b>
Sugar 14.54g	
<b>Protein</b> 22.78g	<b>46%</b>

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### Day 4

**Steak and Veggie Skillet**  
brown rice  
peach slices



Carb Choices 3

Amount Per Serving	
<b>Calories</b>	381.28
Calories From Fat (37%)	140.82
% Daily Value	
<b>Total Fat</b> 11.26g	<b>17%</b>
Saturated Fat 3.9g	<b>20%</b>
<b>Cholesterol</b> 68.09mg	<b>23%</b>
<b>Sodium</b> 57.23mg	<b>2%</b>
<b>Potassium</b> 641.03mg	<b>18%</b>
<b>Total Carbohydrates</b> 44.01g	<b>15%</b>
Fiber 4.41g	<b>18%</b>
Sugar 10.97g	
<b>Protein</b> 26.34g	<b>53%</b>

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## Recipes for Sample Week

### Mushroom Asparagus Chicken Stir-Fry

- 1 lb boneless skinless chicken breast, cubed
- 3 cups asparagus that is cut into 2 inch pieces (about 2 bunches)
- 1 cup mushrooms, chopped
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- ½ cup low sodium chicken broth
- 1 tsp lemon pepper

Heat a large skillet to medium-high heat. Place cut asparagus, mushrooms and 1 Tbsp olive oil in the skillet and sauté until asparagus is soft. Set aside. Now combine diced chicken, chicken broth, 1 Tbsp olive oil, lemon juice and lemon pepper in the skillet. Cook until the chicken juices run clear. Most of the liquid in the pan will have been absorbed. Add the asparagus and mushrooms to the chicken and cook until the chicken is golden brown.

Servings: 4 Carb Choices .5



#### Nutrition Facts

Serving size: 1/4 of a recipe (9.7 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.

MySmartPts 4

Amount Per Serving	
<b>Calories</b>	216.45
Calories From Fat (41%)	88.57
% Daily Value	
<b>Total Fat</b> 9.89g	<b>15%</b>
Saturated Fat 1.63g	<b>8%</b>
<b>Cholesterol</b> 72.58mg	<b>24%</b>
<b>Sodium</b> 205.89mg	<b>9%</b>
<b>Potassium</b> 686.16mg	<b>20%</b>
<b>Total Carbohydrates</b> 5.12g	<b>2%</b>
Fiber 2.31g	<b>9%</b>
Sugar 2.55g	
<b>Protein</b> 27.1g	<b>54%</b>

## Turkey Muffin Meatloaf

1 lb ground turkey  
1 egg  
½ cup milk (or almond milk for dairy free)  
¾ cup oatmeal  
3 Tbsp chopped onion  
1 tsp low sodium, gluten free Worcestershire sauce  
½ cup shredded cheddar cheese\*

Preheat oven to 375°F. Combine all ingredients and mix well. Grease a muffin pan and divide the mixture evenly among the 12 muffin cups. Bake uncovered for 20 minutes or until center of muffins is done. Serving size is 2 muffins.

Servings: 6 Carb Choices .5

### Nutrition Facts

Serving size: 1/6 of a recipe (4.6 ounces).  
Percent daily values based on the  
Reference Daily Intake (RDI) for a 2000  
calorie diet.  
Nutrition information calculated from recipe  
ingredients.

MySmartPts 4

Amount Per Serving	
<b>Calories</b>	186.14
<b>Calories From Fat (38%)</b>	71.28
% Daily Value	
<b>Total Fat</b> 7.95g	<b>12%</b>
<b>Saturated Fat</b> 2.32g	<b>12%</b>
<b>Cholesterol</b> 85.55mg	<b>29%</b>
<b>Sodium</b> 129.89mg	<b>5%</b>
<b>Potassium</b> 271.84mg	<b>8%</b>
<b>Total Carbohydrates</b> 8.54g	<b>3%</b>
<b>Fiber</b> 1.03g	<b>4%</b>
<b>Sugar</b> 1.47g	
<b>Protein</b> 20.32g	<b>41%</b>



## Slow Cooker Sweet Potatoes

4 large sweet potatoes

Scrub and rinse sweet potatoes, but do not dry. Place wet sweet potatoes into the slow cooker. Cover and cook on low for 6-7 hours or high 3-4 hours. Potatoes are done when you can easily insert a fork into the potato.

Servings: 4 Carb Choices 2

### Nutrition Facts

Serving size: 1/4 of a recipe (4.6 ounces).  
Percent daily values based on the  
Reference Daily Intake (RDI) for a 2000  
calorie diet.  
Nutrition information calculated from recipe  
ingredients.

MySmartPts 0

Amount Per Serving	
<b>Calories</b>	111.8
<b>Calories From Fat (0%)</b>	0.54
% Daily Value	
<b>Total Fat</b> 0.07g	<b>&lt;1%</b>
<b>Saturated Fat</b> 0.02g	<b>&lt;1%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 71.5mg	<b>3%</b>
<b>Potassium</b> 438.1mg	<b>13%</b>
<b>Total Carbohydrates</b> 26.16g	<b>9%</b>
<b>Fiber</b> 3.9g	<b>16%</b>
<b>Sugar</b> 5.43g	
<b>Protein</b> 2.04g	<b>4%</b>



## Garlic Lemon Chicken

1 tsp garlic, minced  
2 Tbsp olive oil  
1 Tbsp parsley flakes  
2 Tbsp lemon juice or the juice of one whole lemon  
1 lb boneless skinless chicken breasts

Mix all ingredients together in your slow cooker and cook on low for 6-8 hours.

Servings: 4 Carb Choices 0



### Nutrition Facts

Serving size: 1/4 of a recipe (4.6 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.

MySmartPts 6

Amount Per Serving	
<b>Calories</b>	192.01
Calories From Fat (45%)	86.41
% Daily Value	
<b>Total Fat</b> 9.72g	<b>15%</b>
Saturated Fat 1.58g	<b>8%</b>
<b>Cholesterol</b> 72.58mg	<b>24%</b>
<b>Sodium</b> 132.41mg	<b>6%</b>
<b>Potassium</b> 435.57mg	<b>12%</b>
<b>Total Carbohydrates</b> 0.82g	<b>&lt;1%</b>
Fiber 0.07g	<b>&lt;1%</b>
Sugar 0.21g	
<b>Protein</b> 24.17g	<b>48%</b>

## Steak and Veggie Skillet

1 lb KC Strip Steak  
2 tsp garlic powder  
1 tsp pepper  
1 bag frozen tri colored peppers and onions  
1 zucchini, chopped  
1 clove garlic, minced

Mixed together the garlic powder and pepper and rub on steak. Slice your steak into cubes and then cook in a non-stick skillet on high heat until your steak is cooked to your liking. Remove the steak from the skillet and keep warm. Turn the heat down to medium on your skillet and add the pepper and onions. Let them cook for about 3 minutes and then add the garlic and zucchini, stir constantly. After 5 minutes add the steak and mix together. Allow it to cook an additional 2 minutes and then serve.

Servings: 4 Carb Choices .5



### Nutrition Facts

Serving size: 1/4 of a recipe (7.1 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.

MySmartPts 5

Amount Per Serving	
<b>Calories</b>	213.13
Calories From Fat (42%)	89.21
% Daily Value	
<b>Total Fat</b> 9.92g	<b>15%</b>
Saturated Fat 3.88g	<b>19%</b>
<b>Cholesterol</b> 68.09mg	<b>23%</b>
<b>Sodium</b> 57.23mg	<b>2%</b>
<b>Potassium</b> 427.03mg	<b>12%</b>
<b>Total Carbohydrates</b> 6.65g	<b>2%</b>
Fiber 1.64g	<b>7%</b>
Sugar 3.84g	
<b>Protein</b> 22.56g	<b>45%</b>

# Grocery List for Sample Week

## Dairy

- 1 egg (Day 2)
- ½ cup milk (or almond milk for dairy free) (Day 2)
- ½ cup shredded cheddar cheese (Day 2)\*omit for dairy free meal

## Meat

- 1 lb boneless skinless chicken breast, cubed (Day 1)
- 1 lb ground turkey (Day 2)
- 1 lb boneless skinless chicken breasts (Day 3)
- 1 lb KC Strip Steak (Day 4)

## Fresh Fruit

- watermelon (Day 1)
- pineapple (Day 2)
- orange slices (Day 3)
- peach slices (Day 4)

## Fresh Vegetables

- 3 cups asparagus that is cut into 2 inch pieces (about 2 bunches) (Day 1)
- 1 cup mushrooms, chopped (Day 1)
- 3 Tbsp chopped onion (Day 2)
- 4 large sweet potatoes (Day 2)
- 1 medium size zucchini (Day 4)
- 1 clove garlic, minced (Day 4)
- 1 tsp garlic, minced (Day 3)

## Seasonings

- 1 tsp lemon pepper (Day 1)
- 1 Tbsp parsley flakes (Day 3)
- 2 tsp garlic powder (Day 4)

## Condiments

- 1 tsp low sodium, GF Worcestershire sauce (Day 2)

## Frozen Products

- frozen mixed vegetables (Day 3)
- 1 bag frozen tri colored peppers and onions (Day 4)

## Other

- 2 Tbsp lemon juice (Day 1)
- 2 Tbsp olive oil (Day 1)
- ½ cup low sodium, GF chicken broth (Day 1)
- ¾ cup oatmeal (Day 2)
- 2 Tbsp olive oil (Day 3)
- 2 Tbsp lemon juice or the juice of one whole lemon (Day 3)

<b>Day 4</b>	
<b>Steak and Veggie Skillet</b>	
brown rice peach slices	
★ ♥	
<b>Carb Choices 3</b>	
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% Daily Value	
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<b>MySmartPts 8</b>	

Diabetic Friendly

Heart Healthy according to the American Heart Association guidelines

Carb Choices are determined by taking the total Carbohydrates/15g Recommended Carb Choices is 3 to 4 choices or less per meal for diabetics.

If you are using a weight loss system that uses points, you will see at the bottom of the nutritional analysis MySmartPts. When figuring MySmartPts I used a calculator that analyzed calories, sugar, saturated fat and protein. I also considered all the zero point foods when determining MySmartPts. This meal planner is not intended to be a weight loss plan. (This meal planner is in no way affiliated with Weight Watchers International and it has not been reviewed by Weight Watchers for accuracy and suitability for Weight Watcher members.)