

SAMPLE WEEK

Day 1

**Mushroom Asparagus
Chicken Stir-Fry**
watermelon



Carb Choices 1

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

Day 2

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

pineapple



Carb Choices 3

Amount Per Serving	
Calories	336.69
Calories From Fat (22%)	72.6
% Daily Value	
Total Fat 8.11g	12%
Saturated Fat 2.35g	12%
Cholesterol 85.55mg	29%
Sodium 202.16mg	8%
Potassium 794.41mg	23%
Total Carbohydrates 44.86g	15%
Fiber 6.01g	24%
Sugar 14.54g	
Protein 22.78g	46%
MySmartPts 4	

Day 3

Garlic Lemon Chicken
mixed vegetables
orange slices



Carb Choices 3

Amount Per Serving	
Calories	390.71
Calories From Fat (25%)	98.01
% Daily Value	
Total Fat 11.15g	17%
Saturated Fat 1.83g	9%
Cholesterol 72.58mg	24%
Sodium 240.7mg	10%
Potassium 1082.99mg	31%
Total Carbohydrates 44.52g	15%
Fiber 12.97g	52%
Sugar 0.21g	
Protein 32.83g	66%
MySmartPts 4	

Day 4

Steak and Veggie Skillet
brown rice
peach slices



Carb Choices 3

Amount Per Serving	
Calories	381.28
Calories From Fat (37%)	140.82
% Daily Value	
Total Fat 11.26g	17%
Saturated Fat 3.9g	20%
Cholesterol 68.09mg	23%
Sodium 57.23mg	2%
Potassium 641.03mg	18%
Total Carbohydrates 44.01g	15%
Fiber 4.41g	18%
Sugar 10.97g	
Protein 26.34g	53%
MySmartPts 8	

Recipes for Sample Week

Mushroom Asparagus Chicken Stir-Fry

½ lb boneless skinless chicken breast, cubed
1 ½ cups asparagus that is cut into 2 inch pieces (about 1 bunch)
½ cup mushrooms, chopped
1 Tbsp lemon juice
1 Tbsp olive oil
¼ cup low sodium chicken broth
½ tsp lemon pepper

Heat a large skillet to medium-high heat. Place cut asparagus, mushrooms and ½ Tbsp olive oil in the skillet and sauté until asparagus is soft. Set aside. Now combine diced chicken, chicken broth, ½ 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: 2 Carb Choices .5



Nutrition Facts

Serving size: 1/2 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	
Calories	216.45
Calories From Fat (41%)	88.57
% Daily Value	
Total Fat 9.89g	15%
Saturated Fat 1.63g	8%
Cholesterol 72.58mg	24%
Sodium 205.89mg	9%
Potassium 686.16mg	20%
Total Carbohydrates 5.12g	2%
Fiber 2.31g	9%
Sugar 2.55g	
Protein 27.1g	54%

Turkey Muffin Meatloaf

½ lb ground turkey
 ½ an egg (stir up and then separate)
 ¼ cup milk (or almond milk for dairy free)
 ¼ cup + 2 Tbsp oatmeal
 1 ½ Tbsp chopped onion
 ½ tsp low sodium, gluten free Worcestershire sauce
 ¼ 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 6 muffin cups. Bake uncovered for 20 minutes or until center of muffins is done. Serving size is 2 muffins.

Servings: 3 Carb Choices .5



Nutrition Facts

Serving size: 1/3 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	
Calories	186.14
Calories From Fat (38%)	71.28
% Daily Value	
Total Fat 7.95g	12%
Saturated Fat 2.32g	12%
Cholesterol 85.55mg	29%
Sodium 129.89mg	5%
Potassium 271.84mg	8%
Total Carbohydrates 8.54g	3%
Fiber 1.03g	4%
Sugar 1.47g	
Protein 20.32g	41%

Slow Cooker Sweet Potatoes

2 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: 2 Carb Choices 2

Nutrition Facts



Serving size: 1/2 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	
Calories	111.8
Calories From Fat (0%)	0.54
% Daily Value	
Total Fat 0.07g	<1%
Saturated Fat 0.02g	<1%
Cholesterol 0mg	0%
Sodium 71.5mg	3%
Potassium 438.1mg	13%
Total Carbohydrates 26.16g	9%
Fiber 3.9g	16%
Sugar 5.43g	
Protein 2.04g	4%

Garlic Lemon Chicken

½ tsp garlic, minced
1 Tbsp olive oil
½ Tbsp parsley flakes
1 Tbsp lemon juice or the juice of one half lemon
½ lb boneless skinless chicken breasts

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

Servings: 2 Carb Choices 0



Nutrition Facts

Serving size: 1/2 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	
Calories	192.01
Calories From Fat (45%)	86.41
% Daily Value	
Total Fat 9.72g	15%
Saturated Fat 1.58g	8%
Cholesterol 72.58mg	24%
Sodium 132.41mg	6%
Potassium 435.57mg	12%
Total Carbohydrates 0.82g	<1%
Fiber 0.07g	<1%
Sugar 0.21g	
Protein 24.17g	48%

Steak and Veggie Skillet

½ lb KC Strip Steak
1 tsp garlic powder
½ tsp pepper
½ bag frozen tri colored peppers and onions
½ zucchini, chopped
½ 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: 2 Carb Choices .5



Nutrition Facts

Serving size: 1/2 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	
Calories	213.13
Calories From Fat (42%)	89.21
% Daily Value	
Total Fat 9.92g	15%
Saturated Fat 3.88g	19%
Cholesterol 68.09mg	23%
Sodium 57.23mg	2%
Potassium 427.03mg	12%
Total Carbohydrates 6.65g	2%
Fiber 1.64g	7%
Sugar 3.84g	
Protein 22.56g	45%

Grocery List for Sample Week

Dairy

- 1 egg (Day 2)
- ¼ cup milk (or almond milk for dairy free) (Day 2)
- ¼ cup shredded cheddar cheese (Day 2)*omit for dairy free meal

Meat

- ½ lb boneless skinless chicken breast, cubed (Day 1)
- ½ lb ground turkey (Day 2)
- ½ lb boneless skinless chicken breasts (Day 3)
- ½ lb KC Strip Steak (Day 4)

Fresh Fruit

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

Fresh Vegetables

- 1 ½ cups asparagus that is cut into 2 inch pieces (about 1 bunch) (Day 1)
- ½ cup mushrooms, chopped (Day 1)
- 1 ½ Tbsp chopped onion (Day 2)
- 2 large sweet potatoes (Day 2)
- ½ medium size zucchini (Day 4)
- ½ clove garlic, minced (Day 4)
- ½ tsp garlic, minced (Day 3)

Seasonings

- ½ tsp lemon pepper (Day 1)
- ½ Tbsp parsley flakes (Day 3)
- 1 tsp garlic powder (Day 4)

Condiments

- ½ tsp low sodium, GF Worcestershire sauce (Day 2)

Frozen Products

- frozen mixed vegetables (Day 3)
- ½ bag frozen tri colored peppers and onions (Day 4)

Other

- 1 Tbsp lemon juice (Day 1)
- 1 Tbsp olive oil (Day 1)
- ¼ cup low sodium, GF chicken broth (Day 1)
- ¼ cup + 2 Tbsp oatmeal (Day 2)
- 1 Tbsp olive oil (Day 3)
- 1 Tbsp lemon juice or the juice of one whole lemon (Day 3)

Day 4	
Steak and Veggie Skillet	
brown rice peach slices	
	
Carb Choices 3	
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% Daily Value	
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MySmartPts 8	

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.)