



Baked Potato Soup

Reheat in microwave for 3-5 minutes.

Cal: 305 Fat: 11g Fiber: 3g Protein: 14g Carbs 48.8g WW Plus Points: 7

Date Made/Frozen:



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Crock Pot Chicken Taco Chili

Cook in crockpot on low for 10 hours. Half hour before serving, remove chicken and shred. Return chicken to slow cooker and stir in.

Size: 1 1/4 cups • Calories: 203.7 • Fat: 1.4 g • Carb: 33.3 g • Fiber: 10.0 g • Protein: 16.9 g Points+: 5 pts

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Apple & Leek Stuff Tenderloin

Thaw. In a pan, cook on all sides, about 4 min. Bake at 425 on baking sheet & roast until thermometer registers 145°F, about 15 min. Let rest on a clean cutting board for 5 min. Heat sauce in pan. Slice the pork and serve with the sauce.

366 calories; 11 g fat; 27 g carbs; 24 g protein; 1 g fiber; WW Plus Points: 8

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Light Baked Mac & Cheese

Bake for 25-30 minutes at 375, then broil for a few minutes to get the breadcrumbs golden.

1 cup • Calories: 296.67 • Fat: 9.7 g • Protein: 15.8 g • Carb: 34.5 g • Fiber: 5.3 g Old Points: 6 pts • Points+: 7 pts

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Greek Chicken Stew

Place in crock pot cook 6-8 hours on low.

229 calories; 6g fat; 15 g carbohydrates; 29 g protein; 5 g fiber WW Points Plus: 5pts

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