

		myWW			21DF/UPF
Week 1	Page	Blue	Green	Purple	
Apple Cinnamon Baked Oatmeal	36	6	8	2	1 Yellow, 1/2 Red, 1/4 Purple, 1 1/2 sugar tsp
Beef Fajita Bowls	39	12	12	7	1 Yellow, 1 Red, 1 1/3 Green, 1 sugar
Macaroni & Cheese	40	15	15	9	1 Yellow, 3/4 Teaspoon, 1/16 Red, 3/4 Blue (change to 16 1/2cup servings)
Minestrone Soup	43	2	2	0	1 1/4 Green, 3/4 Yellow
Fajita Breakfast Casserole	44	1	5	1	1 Red, 1 Green, 1/2 tsp
Chicken Burrito Bowls	45	2	5	0	1 Red, 1 Yellow, 1/2 Green
Mexican Meatloaf	46	3	5	2	1 Yellow. 3/4 Red, 1 1/3 Green, 1/3 Blue
Chocolate Chip Brownies	47	15	16	15	Yellow Treat Swap
Week 2	Page	Blue	Green	Purple	21DF/UPF
Light and Fluffy Egg Casserole	54	4	5	4	3/4 Red, 1/10 Green, 1/2 Blue
Southwest Stuffed Peppers	57	7	10	2	1.5 Yellow, 1.5 Green, 1 Red, 1/2 Blue
Carne Asada Street Taco Bowls	58	11	11	7	1 Yellow. 1 Geen. 1 1/8 Red, 1/2 Tsp
Teriyaki Meatball Bowls	61	8	10	2	1 1/2 Yellow. 1 Red, 1 Green, 1 Sweetener, trace purple
Mini Egg Scrambles	62	1	4	1	3/4 Red, 1/4 tsp, 1/4 Green, 1/4 Blue
Spicy Enchilada Casserole	63	7	11	7	1 1/2 Red, 2/3 Yellow, 1/2 Green, 1 Blue
Orange Chicken	64	7	9	2	1 Yellow, 1 Green, 1 1/8 Red, 1 1/2 Sweetener
Easy Lava Cake Bites	65	7	7	7	Treat Swap
Week 3	Page	Blue	Green	Purple	21DF/UPF
Vegetable Frittata	72	3	6	3	3/4 Red, 1/3 Green, 1/3 Yellow, 1/2 Blue
Asian Chicken Stir Fry w/ Ramen	75	14	17	7	1 1/2 Red, 2 Green, 2 Yellow, 3/4 teaspoon
Honey Garlic Chicken Bowls	76	11	11	8	1 1/2 Red, 1 Green, 1 Yellow
Jambalaya w/ Quinoa	79	7	9	4	1 3/4 Red, 1 Green, 3/4 Yellow, 1 Teaspoon
Cheesy Ranch Chicken Casserole	80	10	13	5	1 1/4 Red, 1 Yellow, 1/2 Blue
Sweet Potato Hash w/ Sausage	81	3	4	0	1 Red, 1 1/2 Yellow
Classic Lasagna with Ground Turkey	82	8	9	3	3/4 Red, 1 Yellow, 1/2 Green, 1/2 Blue
Banana Bread w/ Peanut Butter Frosting	83	9	9	9	Treat Swap
Week 4	Page	Blue	Green	Purple	21DF/UPF
Breakfast Ratatouille	90	0	2	0	1/2 Red, 1 1/2 Green
Chicken and Rice w/ Broccoli and Mushrooms	93	5	5	0	3/4 Red, 3/4 Green, 1 Yellow
Loaded Vegetable Goulash	94	1	2	0	2/3 Red, 3/4 Green, 2/3 Yellow
Vegetarian Chili	97	3	6	0	1 Yellow, 1/2 Green
Turkey Chorizo and Egg Breakfast Burritos	98	3	6	3	1 1/2 Red, 1/4 Green, 1 Yellow, 1/4 Blue
Spaghetti w/ Turkey Meatballs	99	8	9	2	1 Red, 1 Yellow, 3/4 Green, 1/3 Teaspoon
Tuscan Chicken Pasta	100	9	11	3	1 2/3 Red, 1/2 Green, 1 Yellow, 1/3 Blue
Lightened-up Lemon Bars	101	5	6	5	Treat Swap
Week 5	Page	Blue	Green	Purple	21DF/UPF
Breakfast Sweet Potatoes	108	PBB:3 / Egg: 1	PBB: 3 / Egg:2	PBB:2 / Egg 0	<b>PB Banana:</b> 1 Yellow, 1 Purple 3 Teaspoons   <b>Egg:</b> 1 Yellow, 1/2 Red, 1/2 Green
Kung Pao Chicken	111	14	17	9	2 Red, 1 Yellow, 1 Green, 1 Teaspoon
Spicy White Chicken Chili	112	1	7	1	1 1/4 Red, 1/2 Green, 1 Yellow, 1/4 Teaspoon
Stuffed Pepper Soup	115	3	4	3	1 Red, 2 Green, 1/2 Yellow
Breakfast Fried Rice	116	10	10	10	1/2 Red, 2/3 Green, 1 1/3 Yellow
Southwest Eggroll in a Bowl	117	2	3	2	1/2 Red, 1/2 Yellow, 1 Green
Chicken Lettuce Wraps	118	5	8	5	1 1/3 Red, 1 Green, 1/6 Yellow, 1/6 Orange, 2 Teaspoons
Apple Oat Crumble	119	8	8	7	1 Purple, 1/2 Yellow, 2/3 Blue, 1 Teaspoon
Week 6	Page	Blue	Green	Purple	21DF/UPF
French Toast Casserole	126	8	9	8	1/4 Red, 1 1/2 Yellow, 1/4 Teaspoon
Spaghetti Squash Lasagna	129	2	2	2	1/3 Red, 3 Green, 1/2 Blue
Beef Gyros	130	7	7	7	1 Red, 1/2 Green, 1/2 Yellow, 1/4 Blue, 1/8 Teaspoon
Garlic Pork	133	11	11	6	2 Red, 1 Green, 1 Yellow, 2 Teaspoon
Steel Cut Oats with Brown Sugar and Honey	134	6	6	2	1 Yellow, 1/3 Teaspoon
Mississippi Pot Roast	135	10	10	10	1 1/2 Red, 3/4 Green, 3/4 Teaspoon
Chicken and Vegetable Risotto	136	5	6	5	1/2 Red, 2/3 Green, 3/4 Yellow, 1/3 Teaspoon, 1/8 Blue
Lightened-Up Cheesecake	137	7	8	6	.1/4 Yellow, 3/4 Red
Week 7	Page	Blue	Green	Purple	21DF/UPF
Southwest Breakfast Casserole	144	3	9	2	1 1/6 Red, 1/3 Green, 2 Yellow, Optional 1/3 Blue for Cheese
Lemon Chicken with Potatoes	147	8	8	5	1 Red, 1 Yellow. 1 Green (when following suggested serving size)
Philly Cheesesteak Pasta	148	24	15	24	2 Red, 2 Yellow, 1 1/4 Green, 1 Blue when you reduce cheese to 1 1/3 cups
Spicy Pork Carnitas	151	7	7	7	1 1/2 Red, 1/2 Green, 2 Yellow, 1/3 Teaspoon
Blueberry Oatmeal Bake	152	16	16	12	Treat Swap
Wild Rice and Mushroom Soup	153	4	5	1	1 Green, 1 1/6 Yellow
Easy Beef Stir Fry	154	15	15	10	1 1/3 Red, 2 Green, 1 Yellow, 2 2/3 Teaspoons
Banana Oatmeal Bites	155	1-4	1-4	0-2	1/2 Purple, 1/2 Yellow per bite If using chocolate 1 yellow treat swap

Questions? Email [becca@MyCrazyGoodLife.com](mailto:becca@MyCrazyGoodLife.com)

Meal Prep in an Instant by Becca Ludlum | Points & Containers