

Index

Weight Watcher PointsPlus™ in parenthesis

Barley

- Beef, Barley and Kale Soup (7)
- Chicken Barley Soup (3)
- Eggplant and Barley Casserole (4)
- Lamb and Barley Stew with Mint (7)
- Mushroom Barley Soup (1)
- Vegetable Beef Barley Soup (5)

Beans

- Awesome Turkey Chili (8)
- Bean and Basil Soup (4)
- Beef and Chili Stew with Dumplings (7)
- Beef Burrito (10)
- Black Bean Soup (4)
- Black Beans and Prunes (8)
- Black Beans and Pumpkin Soup (4)
- Butternut Squash and White Bean Soup (2)
- Chicken Ratatouille Stew (6)
- Hearty Bean Soup (4)
- Louisiana Beans and Rice (9)
- Main Dish Texas Barbecued Beans (8)
- Mediterranean Stew (8)
- Mexican-Flavored Beef Stew (8)
- Mexican Minestrone (3)
- Mid-Eastern Dinner (7)
- Minestrone Soup (4)
- Multi Bean-Beef Chili (6)
- Pinto Beans (2)
- Spicy Bean Soup and Cornmeal Dumplings (4)
- Three Bean Medley (2)
- Turkey and Pinto Bean Chili (7)
- Vegetarian Chili (4)
- Vegetarian Tortilla Soup (3)
- White Chili (8)

Beef

- Beef and Butternut Squash Stew (8)
- Beef and Chili Stew with Cornmeal Dumplings (7)
- Beef and Bell Peppers (6)
- Beef Barley and Kale Soup (7)
- Beef Broth (1)
- Beef Burrito (10)

Beef Fajita Soup (7)
Beef Teriyaki (8)
Cajun Pot Roast (7)
Mexican-Flavored Beef Stew (8)
Multi Bean-Beef Chili (6)
Pizza Soup (5)
Stuffed Peppers (5)
Vegetable Beef Barley Soup (5)
Vegetable Beef Soup (3)
Vegetable Beef Stew (6)
Very Simple Roast Beef (5)

Chicken

2 Day Chicken Stock (0)
All Day Chicken (5)
Butternut Squash and White Bean Soup (2)
Chicken and Sweet Potatoes (5)
Chicken Barley Soup (3)
Chicken Cacciatore (3)
Chicken Coq Au Vin (5)
Chicken Coq Au Vin with Burgundy (6)
Chicken Enchilada Casserole (9)
Chicken Fajitas (4)
Chicken Ratatouille Stew (6)
Chicken Stew (5)
Chicken Tortilla Soup (4)
Creamy Cauliflower Soup (1)
Country Chicken Rice Soup with Dumplings (6)
Chicken Parmigiana (5)
Chicken Tortilla Soup (4)
Curried Chicken (7)
Easy Orange Chicken (6)
Orange Chicken (7)
Easy Salsa Chicken (5)
Jambalaya (6)
Mexican Minestrone (3)
Moroccan Chicken (7)
Mustard Chicken (4)
Orange Chicken (7)
Peanut Butter Stuffed Chicken (6)
Super-Easy Curry Chicken (6)
Sweet and Sour Chicken (7)
Thai Chicken (5)
Thai Chicken Soup (5)
Three-P soup (3)
White Chili (8)

Dumplings and Potatoes

Basic Dumplings (2)
Cornmeal Dumplings (1)
Parsley Potato Dumplings (1)
“Baked” Potatoes (1)

Fish and Seafood

Cioppino (5)
Fish Soup with Curry (4)
Jambalaya (6)
Salmon Bisque (7)

Lamb

Curried Lamb (6)
Lamb and Barley Stew with Mint (7)
Lamb and Cabbage Soup (8)
Lamb and Red Lentil Soup (9)
Lamb Ragout (7)
Mid-Eastern Dinner (7)

Lentils

Curried Red Lentil Soup (2)
Curried Lentils and Yams (5)
Curry Spiced Lentils and Spinach ((7)
Lamb and Red Lentil Soup (9)
Lentil-Spinach Soup (2)
Lentil Vegetable Casserole (5)

Pork

Apple and Apricot Pork (9)
Mexican-Flavored Pork Roast (6)
Ginger Roast Pork (7)
Pork Roast with Creamy Mustard Sauce (7)
Salsa Verde Pork Roast (7)

Soups

2 Day Chicken Stock (0)
Asian Vegetable Soup (5)
Bean and Basil Soup (4)
Beef Barley and Kale Soup (7)
Beef Broth (1)
Beef Fajita Soup (7)
Black Bean Soup (4)
Black Bean and Pumpkin Soup (4)
Butternut Squash and White Bean Soup (2)
Chicken Barley Soup (3)
Chicken Tortilla Soup (4)

Cioppino (5)
Country Chicken Rice Soup with Dumplings (6)
Creamy Cauliflower Soup (1)
Creamy Parsnip Soup (4)
Creamy Peanut Butter Soup (10)
Curried Red Lentil Soup (2)
Curried Split Pea Soup (3)
Curried Squash Soup (3)
Fish Soup with Curry (4)
Hearty Bean Soup (4)
Lamb and Cabbage Soup (8)
Lamb and Red Lentil Soup (8)
Lentil Spinach Soup (2)
Mexican Minestrone (3)
Millet Soup (8)
Minestrone Soup (4)
Mushroom Barley Soup (1)
Pizza Soup (5)
Salmon Bisque (7)
Spicy Bean Soup and Cornmeal Dumplings (4)
Split Pea with Potatoes Soup (4)
Thai Chicken Soup (5)
Three-P Soup (3)
Vegetable Beef Barley Soup (5)
Vegetable Beef Soup (3)
Vegetable Chowder (5)
Vegetarian Split Pea Soup (2)
Vegetable Stock #1 (0)
Vegetable Stock #2 (1)
Vegetarian Tortilla Soup (3)

Stews

Chicken Ratatouille Stew (6)
Chicken Stew (5)
Beef and Butternut Squash Stew (8)
Lamb and Barley Stew with Mint (7)
Mediterranean Stew (8)
Mexican-Flavored Beef Stew (8)
Vegetable Beef Stew (3)
Winter Vegetable Stew and Dumplings (6)

Turkey

Awesome Turkey Chili (8)
Cranberry-Orange Turkey (7)
Curry Apple Turkey Loaf (7)
Garlic Turkey and Dumplings (6)
Ground Turkey Sloppy Joes (7)

Main Dish Texas Barbecued Beans (8)
Marinated Lemon Turkey Breast (5)
Slow Cook Lasagna (7)
Spicy Ground Turkey (5)
Turkey and Pinto Bean Chili (7)
Turkey Breast with Raisin Sauce (6)
Turkey Loaf with Sun-Dried Tomato Pesto (5)
Wine-Braised Turkey Roll (4)

Vegetarian

Asian Vegetable Soup (5)
“Baked” Potatoes (1)
Bean and Basil Soup (4)
Black Beans and Prunes (8)
Black Bean and Pumpkin Soup (4)
Black Bean Soup (4)
Creamy Peanut Butter Soup (10)
Creamy Parsnip Soup (4)
Curried Lentils and Yams (5)
Curried Red Lentil Soup (2)
Curried Split Pea Soup (3)
Curried Squash Soup (3)
Curry Spiced Lentils and Spinach (7)
Eggplant and Barley Casserole (4)
Eggplant Sauce with Pasta (6)
Hearty Bean Soup (4)
Hungarian Supper (2)
Lentil-Spinach Soup (2)
Lentil Vegetable Casserole (5)
Louisiana Beans and Rice (9)
Marinara Sauce (2)
Mediterranean Stew (8)
Millet Soup (8)
Minestrone Soup (4)
Mushroom Barley Soup (1)
Pinto Beans (2)
Spicy Bean Soup with Cornmeal Dumplings (4)
Split Pea with Potatoes Soup (4)
Sun-Dried Tomato Pesto (1)
Three Bean Medley (2)
Vegetable Chowder (5)
Vegetable Stock #1 (0)
Vegetable Stock #2 (1)
Vegetarian Chili (4)
Vegetarian Split Pea Soup (2)
Vegetarian Tortilla Soup (3)
Winter Vegetable Stew and Dumplings (6)

Dairy-free

2-Day Chicken Stock (0)
All-Day Chicken (5)
Apple and Apricot Pork (9)
Awesome Turkey Chili (8)
Beef, Barley and Kale Soup (7)
Beef Broth (1)
Beef Fajita Soup (7)
Beef Teriyaki (8)
Beef and Bell Peppers (6)
Beef and Butternut Squash Stew (8)
Butternut Squash and White Bean Soup (2)
Cajun Pot Roast (7)
Chicken Barley Soup (3)
Chicken Coq Au Vin (5)
Chicken Coq Au Vin with Burgundy (6)
Chicken Fajitas (4)
Chicken Ratatouille Stew (6)
Chicken Stew (5)
Chicken Tortilla Soup (4)
Chicken and Sweet Potatoes (5)
Cranberry-Orange Turkey (7)
Curried Chicken (7)
Curried Lamb (6)
Easy-Orange Chicken (6)
Easy Salsa Chicken (5)
Fish Soup with Curry (4)
Ginger Roast Pork (7)
Ground Turkey Sloppy Joes (7)
Jambalaya (6)
Lamb Ragout (7)
Lamb and Barley Stew with Mint (7)
Lamb and Cabbage Soup (8)
Lamb and Red Lentil Soup (9)
Louisiana Beans and Rice (9)
Main Dish Texas Barbequed Beans (8)
Marinated Lemon Turkey Breast (5)
Mexican-Flavored Beef Stew (8)
Mexican-Flavored Pork Roast (6)
Mexican Minestrone (3)
Mid-Eastern Dinner (7)
Moroccan Chicken (7)
Multi Bean-Beef Chili (6)
Mustard Chicken (4)
Orange Chicken (7)
Parsley-Potato Dumplings (1)
Peanut Butter Stuffed Chicken (6)
Salsa Verde Pork Roast (7)

Spicy Ground Turkey (5)
Super-Easy Curry Chicken (6)
Sweet and Sour Chicken (7)
Thai Chicken (5)
Thai Chicken Soup (5)
Three-P Soup (3)
Three Bean Medley (2)
Turkey Breast with Raisin Sauce (6)
Turkey and Pinto Bean Chili (7)
Vegetable Beef Barley Soup (5)
Vegetable Beef Soup (3)
Vegetable Beef Stew (6)
Very Simple Roast Beef (5)
Wine-Braised Turkey Roll (4)

Gluten-free

2-Day Chicken Stock (0)
All-Day Chicken (5)
"Baked" Potatoes (1)
Beef Broth (1)
Chicken Enchilada Casserole (9)
Cranberry-Orange Turkey (7)
Curried Red Lentil Soup (2)
Curried Split Pea Soup (3)
Lamb and Red Lentil Soup (9)
Main Dish Texas Barbequed Beans (8)
Mexican-Flavored Pork Roast (6)
Orange Chicken (7)
Peanut Butter Stuffed Chicken (6)
Salmon Bisque (7)
Spicy Ground Turkey (5)
Split Pea Soup with Potatoes (4)
Sun-Dried Tomato Pesto (1)
Super-Easy Curry Chicken (6)
Turkey Breast with Raisin Sauce (6)
Turkey Loaf with Sun-Dried Tomato Pesto (5)
Vegetable Chowder (5)
Vegetable Stock #1 (0)
Vegetable Stock # 2 (1)
Vegetarian Split Pea Soup (2)
Very Simple Roast Beef (5)

***Gluten-free with consideration or slight changes**

Asian Vegetable Soup (5)
Bean and Basil Soup (4)
Beef and Butternut Squash Stew (8)
Beef Burrito (10)
Beef Fajita Soup (7)

Beef Teriyaki (8)
Beef and Bell Peppers (6)
Beef and Chili Stew with Cornmeal Dumplings (7)
Black Bean Soup (4)
Black Bean and Pumpkin Soup (4)
Black Beans and Prunes (8)
Butternut Squash and White Bean Soup (2)
Cajun Pot Roast (7)
Chicken Cacciatore (3)
Chicken Coq Au Vin with Burgundy (6)
Chicken Fajitas (4)
Chicken Parmigiana (5)
Chicken Stew (5)
Chicken Tortilla Soup (4)
Chicken and Sweet Potatoes (5)
Cioppino (5)
Country Chicken Rice Soup with Dumplings (6)
Creamy Cauliflower Soup (1)
Creamy Parsnip Soup (4)
Creamy Peanut Butter Soup (10)
Curried Chicken (7)
Curried Lentils and Yams (5)
Curried Squash Soup (3)
Curry Apple Turkey Loaf (7)
Curry Spiced Lentils and Spinach (7)
Easy Salsa Chicken (5)
Marinara Sauce (2)
Fish Soup with Curry (4)
Ginger Roast Pork (7)
Ground Turkey Sloppy Joes (7)
Hearty Bean Soup (4)
Hungarian Supper (2)
Jambalaya (6)
Lamb Ragout (7)
Lamb and Cabbage Soup (8)
Lentil-Spinach Soup (2)
Lentil Vegetable Casserole (5)
Louisiana Beans and Rice (9)
Marinated Lemon Turkey Breast (5)
Mediterranean Stew (8)
Mexican-Flavored Beef Stew (8)
Mexican Minestrone (3)
Mid-Eastern Dinner (7)
Millet Soup (8)
Minestrone Soup (4)
Moroccan Chicken (7)
Multi Bean-Beef Chili (6)
Mustard Chicken (4)

Pinto Beans (2)
Pizza Soup (5)
Pork Roast with Creamy Mustard Sauce (7)
Salsa Verde Pork Roast (7)
Spicy Bean Soup with Cornmeal Dumplings (4)
Stuffed Peppers (5)
Sweet and Sour Chicken (7)
Thai Chicken (5)
Thai Chicken Soup (5)
Three-P Soup (3)
Three Bean Medley (2)
Turkey and Pinto Bean Chili (7)
Vegetable Beef Soup (3)
Vegetarian Chili (4)
Vegetarian Tortilla Soup (3)
White Chili (8)
Wine-Braised Turkey Roll (4)
Winter Vegetable Stew and Dumplings (6)

Vegan (no animal products)

Asian Vegetable Soup (5)
Black Bean and Pumpkin Soup (4)
Black Beans and Prunes (8)
Curried Red Lentil Soup (2)
Curry Spiced Lentils and Spinach (7)
Hearty Bean Soup (4)
Lentil Vegetable Casserole (5)
Marinara Sauce (2)
Millet Soup (8)
Mushroom Barley Soup (1)
Pinto Beans (2)
Split Pea with Potatoes Soup (4)
Three Bean Medley ((2)
Vegetable Stock #1 (0)
Vegetable Stock #2 (1)
Vegetarian Chili (4)
Vegetarian Split Pea Soup (2)
Vegetarian Tortilla Soup (3)
Winter Vegetable Stew and Dumplings (6)