

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



**Southwest Quinoa Chicken Salad**

2 WW SP

**Chicken Pot Pie Muffins**

1 WW SP

**Skinny Sloppy Joes**

1 WW SP

**Creamy Chicken Enchilada Soup**

0 WW SP

**Greek Chicken Lettuce Wraps**

1 WW SP

**Apple Bacon Feta Sliders**

4 WW SP

1-1/2 c. water  
 1/2 c. dry quinoa  
 1 c. diced cooked chicken  
 1 (15 oz.) can black beans  
 1 (15 oz.) can corn  
 2 plum tomatoes  
 1 small red onion  
 1 medium zucchini  
 1 medium yellow summer squash  
 1 medium avocado  
 1/4 t. salt  
 Pinch of black pepper  
 2 t. sweetener that measures like sugar  
 1 t. minced garlic  
 Juice of 1 lime  
 1 bunch cilantro

1/2 c. corn  
 1/2 c. peas (fresh or frozen)  
 1/2 c. diced carrots (fresh or frozen)  
 1/2 c. old-fashioned oats  
 1/2 c. grated Parmesan cheese  
 3 large egg white  
 1-1/2 t. poultry seasoning  
 1/2 t. black pepper  
 1/2 t. salt  
 1/2 t. garlic powder  
 1 lb. lean ground chicken (or extra lean ground turkey)

1 lb. extra-lean ground turkey breast  
 1 small green bell pepper (or 3/4 c. carrots)  
 1 small yellow onion  
 1/2 t. garlic powder  
 1 (15 oz.) can pinto beans  
 1 (15 oz.) can tomato sauce  
 2 t. prepared mustard  
 1 T. honey  
 1/4 c. low-sugar ketchup  
 1 T. sweetener that measures like sugar, optional  
 8 sandwich thins (or high-fiber buns)

1 lb. boneless, skinless chicken breasts  
 2 (15 oz.) cans diced tomatoes  
 1 (4 oz.) can chopped green chilies  
 1 (10 oz.) can enchilada sauce  
 1 (15 oz.) can corn  
 1 (15 oz.) can black beans  
 1 c. chicken broth  
 1 medium onion  
 1 t. chopped garlic  
 1 T. taco seasoning  
 1 c. plain nonfat Greek yogurt  
 Optional for more WW SP: Low fat shredded cheese and/or tortilla chips

2 T. lemon juice  
 1/4 c. balsamic vinegar  
 2 T. red wine vinegar  
 1 T. honey  
 2 T. water  
 1 t. dried oregano  
 1/2 t. onion powder  
 1/2 t. garlic powder  
 1 lb. boneless, skinless chicken breasts  
 1 medium zucchini  
 1 medium red bell pepper  
 1/2 c. diced red onion  
 8 grape tomatoes  
 1/2 c. chickpeas  
 1/2 c. feta cheese  
 1 large head iceberg lettuce  
 1/3 c. plain nonfat Greek yogurt, optional  
 Fresh parsley

1 lb. extra-lean ground turkey (or ground beef)  
 2 slices center-cut bacon  
 1/2 c. diced apple  
 1/3 c. finely diced sweet onion  
 1/3 c. crumbled feta cheese  
 4 T. low-sugar barbecue sauce  
 1/2 t. salt  
 1/4 t. black pepper  
 1/2 t. garlic powder  
 1/2 t. poultry seasoning, optional  
 10 light hamburger buns