

## Meal Planning Mommies

## MONDAY


**Breaded Baked  
Pork Tenders**

7 WW SP

1-1/2 lb. lean pork tenderloin, all fat removed  
3/4 c. dry breadcrumbs  
1 tsp. sugar  
1/2 tsp. paprika  
1/2 tsp. onion powder  
1/2 tsp. salt  
1 Tbsp. canola oil  
2 large egg whites, lightly beaten  
2 Tbsp. cornstarch

## TUESDAY


**Spicy Chicken  
Enchilada Soup**

2 WW SP

1 Tbsp. EVOO  
1 jalapeño pepper  
1 medium onion  
3 garlic cloves  
1/2 cup frozen corn  
1 pkg. (6 oz.) Southwestern grilled chicken breast  
2 cans (15 oz. each) fat-free chicken broth  
1 can (10 oz.) Diced tomatoes with green chilies  
1 can (10 oz.) Enchilada sauce  
3 Tbsp. tomato paste  
1 Tbsp. chili powder  
2 tsp. ground cumin  
1 tsp. salt  
1/2 tsp. pepper  
Optional: Sour cream, shredded cheese

## WEDNESDAY


**Teriyaki Pineapple  
Pork Chops**

5 WW SP

Cooking spray  
4 (4 oz.) trimmed boneless pork chops  
1 tsp. garlic powder  
Salt and pepper to taste  
8 tsp. honey teriyaki marinade  
8 oz. canned pineapple chunks or slices

## THURSDAY


**Grilled BBQ  
Chicken Nuggets**

2 WW SP

1/2 c. ketchup  
1/3 c. brewed coffee  
1/4 c. packed brown sugar  
1/8 c. apple-cider vinegar  
1 garlic clove, minced  
1/2 tsp. salt  
1/8 tsp. red pepper flakes  
2 lbs. boneless skinless chicken

## FRIDAY


**Grilled Garlic  
Parmesan Shrimp**

1 WW SP

1-1/2 lb. uncooked shrimp  
3 Tbsp. lemon juice, divided  
6 cloves garlic  
1 tbsp. Mrs. Dash Lemon Pepper seasoning

## SATURDAY

*slow cooker*
**Beef Tips with  
Mashed Potatoes**

7 WW SP

1/2 lb. sliced mushrooms  
1 small onion  
1 lb. lean and trimmed beef strip sirloin  
1/2 tsp. salt  
1/4 tsp. pepper  
1 Tbsp. olive oil  
2 c. fat-free beef broth  
1 Tbsp. Worcestershire sauce  
2 Tbsp. cornstarch  
1/4 c. cold water