

MONDAY


**Coconut Shrimp with
Apricot Sauce**

6 WW SP

1/2 cup shredded coconut
1/4 cup plain bread crumbs
1/8 teaspoon salt
Dash ground red pepper (cayenne)
1 pound medium sized shrimp, peeled and deveined
1 tablespoon honey
1/3 cup sugar-free apricot preserves, optional
1/4 cup water, if making the apricot sauce
Cooking spray

TUESDAY


**Easy Egg Salad
Sandwich**

3 WW SP

6 hard-boiled eggs
2 tablespoons tarter sauce
1 tablespoon mustard
1 teaspoon sugar
10 slices light bread

WEDNESDAY


**Super Simple
Marinated Chicken**

2 WW SP

2 tablespoons olive oil
1 tablespoon red wine vinegar
1 tablespoon soy sauce
1 tablespoon Worcestershire sauce
1 teaspoon ground mustard
2 garlic cloves
Pepper, to taste
1-1/2 pounds chicken

THURSDAY


**Monte Cristo
Sandwich**

7 WW SP

8 slices of light bread
4 teaspoons light mayonnaise
1 teaspoon mustard
4 egg whites
1/2 cup fat-free milk
4 ounces (about 8 slices) thin sliced ham
4 ounces (about 8 slices) thin sliced turkey
4 slices thin sliced Swiss cheese
2 tablespoons sugar-free raspberry preserves
2 teaspoons powdered sugar
Cooking spray

FRIDAY


**Turkey-Walnut Honey
Dijon Spinach Salad**

6 WW SP

1 package (5 ounces) fresh baby spinach
2 ounces thick sliced turkey lunch meat torn into bite size pieces
1/4 cup crumbled feta cheese
1/4 cup dried cranberries
1/4 cup chopped walnuts (or walnut halves)
1/4 cup fat-free honey
Dijon vinaigrette

SATURDAY


**Grilled Hawaiian
Bagel Panini**

6 WW SP

5 ounces (this was about 15 thin slices for me) Deli sliced ham
5 Pineapple rings
5-10 Red onion slices
2-1/2 tablespoon Kraft Lite mayo
2-1/2 teaspoon Dijon mustard
5 Sargento Ultra Thin Baby Swiss (or Provolone) cheese slices
5 bagel thins (wheat or plain)