

MONDAY



Turkey Taco Salad
2 WW SP

1 lb. 99% fat-free ground turkey
1 medium sweet red pepper, chopped
1 medium sweet yellow pepper, chopped
1/3 c. chopped onion
1-2 minced garlic cloves
1-1/2 c. salsa
2 tsp. chili powder
1 tsp. ground cumin
5-8 cups torn romaine
10 tortilla chips
5 Tbsp. shredded cheddar cheese

TUESDAY



Sweet & Sour Pork & Pineapple Kabobs
3 WW SP

1/2 lb. baby carrots
1 (8 oz.) can pineapple chunks
1/4 c. red wine vinegar
1 Tbsp. olive oil
1 Tbsp. GF soy sauce
1-1/2 tsp. cornstarch
1 tsp. sugar
2 cloves garlic
1/3 c. water
1 lb. lean boneless pork chops
1 small green pepper
1 small red pepper

WEDNESDAY



Spinach & Sausage Soup
3 WW SP

10 oz. sweet turkey Italian sausage
Cooking spray
1 onion
4 garlic garlic cloves
1/2 c. water
1 (15 oz.) can cannellini beans
1 (14.5 oz) can stewed tomatoes
1 (14 oz.) can fat-free less sodium chicken broth
2 c. baby spinach
1 Tbsp. chopped fresh basil
2 Tbsp. chopped fresh oregano
2 Tbsp. grated Parmesan cheese

THURSDAY



Skinny Skillet Chicken Cordon Bleu
4 WW SP

1 lb. boneless, skinless chicken breast (4-4 oz. breasts)
1 Tbsp. canola oil
1 pkg. (12 oz.) frozen cut green beans
1 c. fresh mushrooms chopped or sliced
4 oz. deli ham (this was 8 thin slices for the kind I got)
4 mozzarella cheese slices
Salt and pepper

FRIDAY



Pork Chops with Carmelized Onions
3 WW SP

1- 1/2 lbs. lean pork chops, fat removed
2-3 Tbsp. soy sauce
1-2 tsp. paprika
1 large onion
Cooking spray

SATURDAY



Grilled Steak & Potato Salad
6 WW SP

2 garlic cloves, pressed
2 tsp. dried thyme leaves or 1 tsp. ground thyme
1 tsp. salt
1/4 tsp. coarsely ground black pepper
1 lb. boneless beef top sirloin steak
3 Tbsp. balsamic vinegar
2 Tbsp. olive oil, divided
1 Tbsp. Dijon mustard
1 lb. potatoes
1 medium sweet yellow onion
1 medium tomato
6 c. torn romaine lettuce
2 freezer bags (or bowls can be used)