

Meal Planning Mommies

MONDAY



Salisbury Steak and Noodles

6 WW SP

1 c. egg noodles, uncooked
15 saltine crackers
1 egg white
1 small onion, chopped
1 Tbsp. ketchup
2 tsp. Worcestershire sauce
2 garlic cloves, minced
1/2 tsp. pepper
1 lb. 95% lean ground beef
Cooking spray
1 envelope Onion Soup Mix
1 Tbsp. cornstarch
2 c. water
1 beef bouillon cube
1 Tbsp. fresh parsley, chopped

TUESDAY



Country Fried Chicken w/ Creamy Gravy

6 WW SP

1-1/2 c. Corn Flakes cereal
1/2 tsp. poultry seasoning
1/2 tsp. paprika
1/4 + 1/8 tsp. salt
1/2 tsp. pepper
1/8 tsp. ground thyme
3/4 c. low-fat buttermilk
4 (4 oz.) boneless, skinless chicken breasts
2 tsp. extra virgin olive oil
1 Tbsp. butter
1-1/2 Tbsp. flour
1/2 tsp. onion powder
1/4 c. chicken broth

WEDNESDAY



Shrimp & Cabbage Stir Fry

4 WW SP

1/3 c. quinoa, uncooked
1 c. water
1/2 tsp. salt
1 egg white
1/2 c. chicken broth
1 Tbsp. cornstarch
1 Tbsp. soy sauce
2 tsp. honey
1 tsp. rice vinegar
2 garlic cloves, minced
1 tsp. fresh ground ginger
1 lb. shrimp
1/2 Tbsp. olive oil
1 lb. cabbage, about 1/2 head of cabbage
1-2 green onions, sliced

THURSDAY



Beef, Broccoli & Cashew Stir Fry w/ Ramen

6 WW SP

3 Tbsp. reduced-sodium soy sauce
1 Tbsp. rice vinegar
1/4 tsp. crushed red pepper flakes
1 lb. lean beef steak
1 (3 oz.) package Ramen noodles, any flavor
2-3 c. water
2 stalks broccoli (about 5 cups)
1/3 c. fat-free chicken broth
1 Tbsp. cornstarch
1 Tbsp. olive oil
4 garlic cloves, minced
1 tsp. fresh ginger, ground
1 large red bell pepper
1 green onion, sliced
2 Tbsp. unsalted cashews

FRIDAY



Mexican Black Bean & Tomsto Soup

3 WW SP

Juice from 1/2 of a lime
1 tsp. red wine vinegar
1 small onion, chopped
1 medium red bell pepper
2 garlic cloves, minced
1/2 tsp. chili powder
1/2 tsp. cumin
1 (15 oz.) can black beans
1 (14.5 oz.) can fat-free chicken broth or vegetable broth
1 (7 oz.) can green chiles
1 (14.5 oz.) can diced tomatoes
3/8 c. shredded reduced-fat Monterey Jack or cheddar cheese

SATURDAY



Asian Chicken Soup

1 WW SP

1 lb. boneless, skinless chicken breast
8 oz. fresh mushrooms
2 Tbsp. lemon juice
1 tsp. garlic, minced
1 tsp. fresh ginger, ground
2 c. fat-free chicken broth
2 Tbsp. reduced-sodium soy sauce
3 scallions, thinly sliced
1 leek