

Meal Planning Mommies

MONDAY


**Italian Turkey Meatball
& Vegetable Soup**

5 WW SP

Cooking spray
1 onion
3-4 carrots
1 c. green beans, cut
2 minced garlic cloves
1 (24 oz.) package Jennie-O Italian Style Turkey Meatballs
2 (14.5 oz.) cans beef or vegetable broth
2 (14.5 oz.) cans diced or Italian stewed tomatoes
1-1/2 c. frozen corn
1 t. oregano
1 t. parsley
1/2 t. basil

TUESDAY


**Black Bean
Burgers**

6 WW SP

1 medium zucchini
1 small onion
1 carrot
3 T. unsweetened applesauce
2 (14 oz.) cans black beans
1-1/2 c. quick cooking oats
1/2 c. seasoned breadcrumbs
2 T. ketchup
2 T. barbecue sauce
1 t. garlic powder
1/2 t. chili powder
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon red pepper flakes
Cooking spray
8 light hamburger buns

WEDNESDAY


**One Pot
Chicken Marsala**

6 WW SP

1 lb. skinless, boneless chicken breast
1 T. fat-free Italian salad dressing
1 T. flour
1 t. Italian seasoning
1/2 t. garlic powder
1/4 t. paprika
1 T. olive oil
1 T. butter
1 lb. sliced mushrooms
2/3 c. Marsala cooking wine
2/3 c. water
1 chicken bouillon cube
2 oz. angel hair pasta, broken in half
1/4 c. fresh chopped parsley (optional)

THURSDAY


**Southwest White Bean
& Chicken Chili**

2 WW SP

6 (6-inch) corn tortillas
2 t. extra virgin olive oil
1 cup (1 medium) green bell pepper
1/2 cup (1 small) onion
1 lb. boneless, skinless chicken breasts
1 t. ground cumin
1 garlic clove, pressed
2 (14.5 oz.) cans 99% fat-free chicken broth
2 (15 oz.) cans pinto beans
1 c. salsa verde

FRIDAY


**Grilled Steak
& Potato Salad**

6 WW SP

2 garlic cloves, minced
2 t. dried thyme leaves or 1 t. ground thyme
1 t. salt
1/4 t. black pepper
1 lb. boneless beef top sirloin steak
3 T. balsamic vinegar
2 T. olive oil, divided
1/2 T. Dijon mustard
1 lb. unpeeled potatoes, cut into 1/2-inch chunks (about 2-3 potatoes)
1 medium onion
1 medium tomato
8 cups torn romaine lettuce

SATURDAY


**Greek Pasta
Salad Bowl**

5 WW SP

2 T. lemon juice
1/4 c. red wine vinegar
1-1/2 T. olive oil
1 t. sugar
1/4 t. dried oregano
1/4 t. salt
1/8 t. black pepper
1-1/2 cups uncooked Ditalini pasta (or other small pasta)
1 small red onion
1 c. grape tomatoes
10-15 black pitted olives, sliced (optional)
1 (7-8 oz.) package salad blend
2 oz. crumbled feta cheese