

## Meal Planning Mommies

## MONDAY



**Italian Turkey Meatballs & Sauce w/ Zoodles**

5 WW SP

2 c. cauliflower  
1 small onion  
1 lb. 98-99% lean ground turkey  
3 eggs  
1/2 c. reduced-fat shredded mozzarella cheese  
3 T. Parmesan cheese  
1 (.7 oz.) packet Good Seasons Italian all natural salad dressing and recipe mix  
1/2 c. seasoned breadcrumbs  
Cooking spray  
3-4 zucchinis  
1-3/8 c. Spaghetti sauce

## TUESDAY



**Mayo Garlic & Herb Chicken**

1 WW SP

1/4 c. light mayonnaise  
1/4 c. non-fat plain Greek yogurt  
4 garlic cloves, minced  
1 t. onion powder  
2 t. Mrs. Dash Garlic & Herb seasoning  
2 lbs. boneless, skinless chicken breast  
1/4 t. salt  
Cooking spray

## WEDNESDAY



**Skinny 3-Cheese Broccoli Soup**

3 WW SP

1 T. light butter  
1 small onion, diced  
1 celery stalk, diced  
2 carrots, diced  
3 T. all-purpose flour  
4 c. broccoli florets  
4 c. fat-free chicken broth  
1 T. cornstarch  
1 c. non-fat plain Greek yogurt  
2 oz. Velveeta cheese  
1/4 c. reduced-fat crumbled goat cheese  
1/4 t. salt  
7 T. shredded reduced-fat Colby Jack cheese or cheddar cheese

## THURSDAY



**Honey Teriyaki Steak and Veggies**

5 WW SP

1 lb. lean top sirloin steak  
1 (12 oz.) bag frozen Asian vegetable medley  
1/2 c. chopped onion (about 1/2 of an onion)  
1/4 c. teriyaki sauce  
1 T. honey  
2 garlic cloves, minced

## FRIDAY



**Shrimp Parmesan Alfredo**

6 WW SP

4 oz. uncooked fettuccine  
1 T. light butter  
1/2 small onion, chopped (about 1/4 cup)  
2 garlic cloves, minced  
1 lb. small or medium shrimp, deveined and tails off  
1/4 t. salt  
1/2 T. cornstarch  
3/4 c. non-fat plain Greek yogurt  
1/2 c. fat-free chicken broth  
1/2 c. frozen peas  
1/2 c. grated Parmesan cheese  
1 T. fresh chopped parsley, optional

## SATURDAY



**Creamy Chicken & Spinach Tortellini Soup**

5 WW SP

1 (14.5 oz.) can fat-free chicken broth  
1/2 t. poultry seasoning  
1 lb. boneless, skinless chicken breast  
1 (10 oz.) can 98% fat-free cream of chicken soup  
1 (10 oz.) package frozen chopped spinach, thawed and strained of water  
1 c. fat-free milk  
1 (9 oz.) package refrigerated cheese tortellini  
1/4 t. salt