

Meal Planning Mommies

MONDAY



Skinny Swedish Meatballs

4 WW SP

1 lb. 98-99% lean ground turkey
 1/3 c. seasoned bread crumbs
 1 onion, chopped
 2 eggs
 4 T. fresh parsley, minced
 2 T. Worcestershire sauce
 1 t. salt
 3/4 t. pepper
 1/2 t. garlic powder
 1 T. light butter
 8 oz. mushrooms, sliced
 5.3 oz. non-fat plain Greek yogurt
 1 t. water
 1/2 t. cornstarch
 3 T. flour
 2 c. fat-free beef broth
 1 c. skim milk
 3-1/2 c. egg noodles, uncooked

TUESDAY



Lentil Shepherd's Pie

5 WW SP

1/2 T. extra virgin olive oil
 1 onion, chopped
 2 carrots, peeled and chopped
 4 minced garlic cloves
 1 t. dried thyme
 1-1/2 c. lentils, uncooked
 3 c. fat-free beef broth
 1-1/4 c. water
 2/3 c fat-free milk
 2 T. light butter
 1/2 t. salt
 1-1/3 c. dry potato flakes
 1 c. frozen peas
 1/4 c. barbecue sauce
 2 T. soy sauce

WEDNESDAY



Italian Turkey Feta Burger Lettuce Wraps

2 WW SP

1 egg
 4 T. reduced-fat Italian salad dressing, divided
 1 lb. 98-99% lean ground turkey
 3 oz. (a little over 1/2 cup) reduced-fat feta cheese
 1/2 small red onion, chopped
 2 T. fresh parsley, snipped
 1/4 c. breadcrumbs
 Cooking spray
 6 large iceberg lettuce leaves

THURSDAY



Mexican Chicken Soup

1 WW SP

1 T. olive oil
 1 small onion, chopped
 1 jalapeño pepper, seeded and diced
 2 garlic cloves, minced
 2 t. ground cumin
 5 c. fat-free chicken broth
 1-1/2 lbs. boneless, skinless chicken breasts
 2 c. mild salsa

FRIDAY



Pepper Jack Chicken w/ Zucchini & Corn Saute

4 WW SP

4 (4 oz.) boneless, skinless chicken breast halves
 2 t. poultry seasoning
 Cooking spray
 4 center-cut bacon strips, cooked and halved
 4 slices pepper jack cheese
 Salt and pepper, to taste
 2 medium zucchini, sliced
 1/2 small onion, sliced
 1-1/2 t. olive oil
 1/2 c. frozen corn
 2 garlic cloves, minced
 1/2 t. sugar
 1/4 t. salt
 1/4 t. lemon-pepper seasoning

SATURDAY



Salad Topped Pizza

5 WW SP

1 c. nonfat plain Greek yogurt
 1 c. self-rising flour
 2 t. Italian seasoning
 1 t. garlic powder
 1/2 c. reduced-fat Italian salad dressing
 1/2 T. olive oil
 1/2 red onion, sliced
 1 lb. 98-99% lean ground turkey
 1/2 c. whipped cream cheese
 3/4 c. reduced-fat shredded mozzarella cheese
 1 small tomato, chopped
 1 c. iceberg lettuce, shredded