

Meal Planning Mommies

MONDAY



Chicken Fried Rice

5 WW SP

1/2 T. olive oil
 3 garlic cloves, minced
 2 eggs
 1-1/2 c. white rice,
 uncooked
 3 c. 99% fat-free chicken
 broth
 1/2 c. sliced carrots
 1/2 c. frozen corn
 1 lb. boneless, skinless
 chicken breasts
 1/2 c. frozen peas
 3 T. soy sauce

TUESDAY

Chicken and Green
Beans w/ Vinaigrette

2 WW SP

2 T. red wine vinegar
 2 shallots, sliced or
 chopped
 1 T. Dijon mustard
 2 T. extra virgin olive oil
 2 garlic cloves, minced
 1/4 t. salt
 1/8 t. pepper
 16 oz. (about 4 cups)
 frozen snap green beans
 4 (4 oz.) skinless,
 boneless chicken breasts

WEDNESDAY



Bacon Bleu Apple Salad

4 WW SP

1/2 c. crumbled blue
 cheese
 1/2 c. non-fat plain
 Greek yogurt
 2 T. light mayonnaise
 1/2 T. maple syrup
 1 t. apple cider vinegar
 12 c. salad greens (I used
 a Spring mix)
 1-2 apples
 2 slices cooked bacon,
 chopped
 1/3 c. chopped pecans

THURSDAY

Honey Sesame Chicken
and Broccoli

1 WW SP

1 lb. boneless, skinless
 chicken breasts
 1 small onion, chopped,
 optional
 1 (8 oz.) can crushed
 pineapple in pineapple
 juice, drained
 1/2 c. water, divided
 2-3 garlic cloves, minced
 1/4 c. soy sauce
 2 T. ketchup
 1-1/2 T. honey
 1/2 T. sesame seeds,
 optional
 1/4 t. red pepper flakes
 8 c. steamed broccoli
 (about 1-1/2 lbs.)
 1 T. cornstarch
 2-3 green onions, sliced,
 optional

FRIDAY



Minestrone Soup

2 WW SP

2 t. extra virgin olive oil
 1 c. carrots, sliced of
 chopped
 1 onion, chopped
 1 small zucchini, chopped
 2 garlic cloves, minced
 6 c. fat-free beef broth
 1 (15.5 oz.) can kidney
 beans
 1 (15.5 oz.) can chickpeas
 1 (14.5 oz.) can diced
 tomatoes
 1 c. Ditalini pasta
 1 (.5 oz.) packet dry Knorr
 Pesto Sauce Mix
 2 T. fresh parsley,
 snipped

SATURDAY

Grilled Chicken w/
Sweet & Spicy BBQ Rub

1 WW SP

1 T. chili powder
 1 T. brown sugar
 1/2 t. salt
 1/2 t. pepper
 1/2 t. dry mustard
 1/2 t. cumin
 1/8 t. cayenne pepper
 1 lb. boneless, skinless
 chicken breasts
 1 t. extra virgin olive oil