

Meal Planning Mommies

MONDAY



**Cheesy Spinach Stuffed
Chicken Pockets**

4 WW SP

1 t. extra virgin olive oil
4 c. spinach
4 garlic cloves, minced
4 (6 oz.) pieces boneless, skinless chicken breasts
4 Laughing Cow light Swiss garlic and herb cheese wedges
1 egg, beaten
1/2 c. Italian seasoned breadcrumbs
Cooking spray
Salt and pepper, to taste

TUESDAY



**Egg Roll
Chimichangas**

3 WW SP

Cooking spray
1 lb. 99% lean ground turkey
1 (10 oz.) can Rotel Original Diced Tomatoes and Green Chiles
1 (1 oz.) packet taco seasoning
1/2 c. water
1 (16 oz.) can fat-free refried beans
9 egg roll wrappers
1 egg, beaten
1-1/8 c. reduced-fat shredded cheddar cheese

WEDNESDAY



**Steak & Shredded
Vegetable Stir Fry**

3 WW SP

2 t. olive oil
1/2 T. ginger root, minced
1/2 T. garlic, minced
2 eggs
12 oz. broccoli coleslaw mix
1 lb. lean flank steak, cubed
3 T. soy sauce
2 green onions, sliced

THURSDAY



**Grilled Pork Chops w/
Green Beans &
Mushrooms**

6 WW SP

1/2 lb. green beans, trimmed
2 t. dark Sesame oil, divided
4 (4 oz. each) boneless pork chops, trimmed of fat
1/4 t. salt
1 shallot, chopped
8 oz. mushrooms, sliced
2 T. honey
2 T. soy sauce
2 garlic cloves, minced
1 t. dried oregano
1 thin sliced green onion, optional
1 T. fresh snipped parsley, optional

FRIDAY



**Maple-Glazed Chicken
& Carrots**

4 WW SP

1 T. light butter
2 c. baby carrots or carrot slices
1 T. paprika
1/2 T. ground cumin
1 t. chili powder
1/2 t. salt
1/4 t. pepper
1 lb. boneless, skinless chicken breasts
Cooking spray
3 T. maple syrup
1/4 c. ketchup
2 T. apple cider vinegar
1/2 t. lemon juice

SATURDAY



**Chicken &
Dumpling Soup**

5 WW SP

1 c. frozen corn
1 c. carrots, chopped or sliced
3-4 stalks celery, chopped
5 c. (99% fat free) chicken broth
1 lb. boneless, skinless chicken breasts
2 c. Bisquick Original Pancake and Baking Mix
1 c. fat-free milk
1 c. frozen peas, optional
Fresh snipped parsley, optional
Salt and pepper, to taste