

Meal Planning Mommies

MONDAY



Southwestern Turkey & Vegetable Pasta Dish

1 WW SP

3 oz. uncooked Campanelle pasta (about 1-1/4 cups)
2 t. extra virgin olive oil
2 garlic cloves, minced
1 onion, chopped
1 zucchini, chopped
1 c. frozen corn
1 lb. 99% lean ground turkey
1 (15 oz.) can black beans
1 (10 oz.) can Rotel diced tomatoes and green chiles
1 (8 oz.) can tomato sauce
1 t. salt
1/2 t. cumin
1/2 t. chili powder
Pepper, to taste

TUESDAY



Chicken & Vegetables w/ Sweet Gravy

3 WW SP

2 t. extra virgin olive oil
2 garlic cloves, minced
1 (10 oz.) bag of frozen Spring vegetables
1/2 c. fat-free chicken broth
1 T. brown sugar
1 T. Worcestershire sauce
4 (4 oz.) boneless, skinless chicken breasts
2 T. cold water
2 t. cornstarch

WEDNESDAY



Cuban-Styled Grilled Paninis

4 WW SP

4 Olé Xtreme Wellness High Fiber Low Carb 8 inch Tortillas (or other 1 WW SP tortillas)
4 t. mustard
4 oz. 97% fat-free thin sliced ham lunch meat (about 8-10 slices)
4 oz. 98% fat-free thin sliced turkey lunch meat (about 8-10 slices)
4 reduced-fat Swiss cheese slices
4 oz. pickle slices
Cooking spray

THURSDAY



Crunchy Asian Mandarin Orange Salad

5 WW SP

2 T. extra virgin olive oil
1 T. red wine vinegar
1 T. sugar
8 c. fresh baby spinach
1/4 c. canned mandarin oranges, drained
1/4 c. chow mein noodles
2 T. roasted peanuts
2 green onions, sliced

FRIDAY



Smothered Chicken Verde Burritos

4 WW SP

1 (10 oz.) can 98% fat-free cream of chicken soup
7.5 oz. salsa verde
1 c. fat-free chicken broth
1 lb. boneless, skinless chicken breasts
8 (8 inch) Olé Xtreme Wellness High Fiber Low Carb Tortilla Wraps
6 Sargento 4 Cheese Southwest Blends slices

SATURDAY



Caesar Pork Chops & Salad

5 WW SP

Cooking spray
1 lb. lean boneless pork chops, fat trimmed
Sprinkle of salt and pepper
5 T. Bolthouse Farms Creamy Caesar Yogurt dressing
32 fat-free Seasoned croutons
6 oz. iceberg or romaine salad mix