

## Meal Planning Mommies

## MONDAY



**Simple  
Pork Stir Fry**

**7 WW SP**

1 T. extra virgin olive oil  
1 lb. lean boneless pork chops  
1/4 c. flour  
1/4 c. soy sauce  
2 T. ginger, minced  
1/2 orange, juiced (about 2 T. juice)  
1 T. brown sugar  
2 T. cornstarch  
4 garlic cloves, minced  
1 (14 oz.) bag coleslaw mix with shredded carrots  
1 (8.5 oz.) bag basmati Ready Rice

## TUESDAY



**Red, White, & Bleu  
Salad**

**4 WW SP**

8 c. chopped romaine  
2 slices bacon, cooked and crumbled  
1/2 c. strawberries  
1/4 c. slivered almonds  
1/4 c. bleu cheese, crumbled  
2 T. Kraft lite Raspberry Vinaigrette dressing

## WEDNESDAY



**Crunchy Baked  
Chicken Fries**

**6 WW SP**

1 lb. boneless, skinless chicken breasts  
1 c. panko breadcrumbs  
1/3 c. grated Parmesan cheese  
1 t. garlic salt  
1/4 t. pepper  
1/2 c. flour  
2 eggs, beaten  
Cooking spray  
  
Optional: Grab a bag of frozen vegetables and applesauce to make a more complete meal.

## THURSDAY



**Turkey Reuben  
Lettuce Wraps**

**6 WW SP**

4 c. broccoli coleslaw mix  
1/2 c. light Thousand Island salad dressing, divided  
8 thin sliced Swiss cheese slices  
4 large romaine lettuce leaves  
8 oz. thin sliced blackened turkey slices

## FRIDAY



**Italian-Style  
Wedding Soup**

**2 WW SP**

2 t. extra virgin olive oil  
1 leek  
1 carrot  
1 celery stalk  
6 c. fat-free chicken broth  
1/2 T. Mrs. Dash Garlic & Herb seasoning blend  
1 lb. 99% lean ground turkey  
1 t. dried oregano  
1/2 t. garlic powder  
1/2 t. dried parsley  
1 egg  
1/4 c. Italian breadcrumbs  
1 T. Worcestershire sauce  
1/3 c. Acini di Pepe no. 78 pasta  
1 c. chopped kale

## SATURDAY



**Mexican  
Tortilla Skillet**

**5 WW SP**

Cooking spray  
1 lb. 99% lean ground turkey  
2 T. Worcestershire sauce  
6 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps  
1 (10.75 oz.) can condensed tomato soup  
1/2 c. salsa  
1/4 c. water  
1/3 c. reduced-fat shredded cheddar cheese  
  
Optional: Goes great with black beans and/or corn.