

# Meal Planning Mommies

## MONDAY



**California Cobb Salad**

5 WW SP

12 c. chopped romaine lettuce  
2 c. cooked chicken breasts, chopped  
1 avocado  
2 plum tomatoes  
2 hard-boiled eggs  
3 slices center cut bacon  
1/2 c. light blue cheese dressing  
1/2 c. reduced-fat crumbled blue cheese

## TUESDAY



**Phyllo Cheeseburger Cups**

3 WW SP

Cooking spray  
1/4 c. chopped onion  
1 lb. 99% lean ground turkey  
1/2 T. garlic powder  
1/2 t. sugar  
2 T. ketchup  
1 T. mustard  
2 T. plain non-fat Greek yogurt  
1 plum tomato  
1/4 c. chopped dill pickles  
30 mini fillo shells  
1/2 c. reduced-fat shredded Monterey Jack cheese

## WEDNESDAY



**Brussel Sprouts, Chicken, Bacon & Apple**

1 WW SP

2 slices center-cut bacon  
1 shallot  
1 T. light butter  
1 lb. brussel sprouts  
1 apple  
2 c. shredded cooked chicken  
1 T. apple cider vinegar  
1/2 t. salt  
1/2 t. pepper

## THURSDAY



**Salsa Ranch Chicken Burritos**

3 WW SP

1 c. salsa  
1/4 c. water  
1 (1 oz.) packet Hidden Valley Original Ranch Salad Dressing & Seasoning Mix  
1 lb. boneless, skinless chicken breasts  
1/4 c. fat-free milk  
4 T. light mayonnaise  
8 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps  
1/2 c. crumbled feta cheese  
2 c. crinkle cut carrots (or more)

## FRIDAY



**BBQ Chicken Twice Baked Potatoes**

6 WW SP

3 (6 oz.) medium potatoes  
1/2 c. barbecue sauce  
2 slices cooked center-cut bacon, crumbled  
2 c. shredded cooked chicken breasts  
Cooking spray  
3/4 c. reduced-fat shredded Monterey Jack cheese  
1-2 green onions, sliced

## SATURDAY



**Vegetarian Honey Teriyaki Stir Fry**

3 WW SP

1 T. sesame oil  
1-1/2 c. matchstick sliced carrots  
1 medium zucchini  
1 red bell pepper  
8 ounces mushrooms, sliced  
2 garlic cloves, minced  
1/3 c. Honey Teriyaki Marinade (I use KC Masterpiece brand)  
1 (16 oz.) can chickpeas, rinsed and drained  
1 (8 oz.) can water chestnuts, drained  
1-2 green onions, sliced  
1 teaspoon salt