

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**Italian-Style Pepperoni
Pizza Salad**
5 WW SP

**Chicken Lemon
Rice Soup**
2 WW SP

Egg Salad Sandwiches
3 WW SP

**Hearty Tortellini &
Chicken Soup**
6 WW SP

**Southwest Chipotle
Blackened Chicken &
Black Beans**
2 WW SP

Italian Vegetable Soup
2 WW SP

12 oz. Italian or Romaine salad blend (about 8 c.)
1 c. (4 oz.) shredded part-skim mozzarella cheese
2 oz. (about 24 slices) pepperoni
2 T. sliced black olives
1/2 c. Fat-free Italian salad dressing
1 c. onion and garlic seasoned croutons
Optional: Sliced red onion

Cooking spray
2 medium carrots, coarsely chopped
1/2 c. chopped onion
1 garlic clove, minced
1 lb. boneless, skinless chicken breasts, cubed
1/4 c. lemon juice
1 (10.5 oz.) can 98% fat-free reduced-sodium condensed cream of chicken soup
3 (14.5 oz.) cans 100% fat-free chicken broth
1/4 t. ground black pepper
2/3 c. uncooked long-grain white rice
2 T. fresh parsley, snipped

6 hard-boiled eggs
2 T. tarter sauce or light mayonnaise
1 T. mustard
1 t. sugar
10 slices light bread

1 T. olive oil
3 garlic cloves, minced
1 c. cooked chopped or shredded chicken
4 c. fat-free chicken broth
1 can (14.5 oz.) diced tomatoes with basil, garlic, and oregano
9 oz. frozen or refrigerated cheese tortellini
4 c. fresh spinach
1/8 t. Pepper
6 t. grated Parmesan cheese or shaved Parmesan cheese

3 t. Mrs. Dash Southwest Chipotle seasoning
4 (4 oz.) boneless, skinless chicken breasts
1 T. olive oil
1 (15 oz.) can black beans
1 c. frozen corn
1/2 c. Tostitos chunky salsa
1/4 c. Reduced Fat Shredded Mexican cheese

2 celery ribs
1 medium onion
1 medium carrot
1 T. olive oil
2 c. water
1 (15 oz.) can white kidney or cannellini beans
1 (14.5 oz.) can diced tomatoes, undrained
1 (14.5 oz.) can reduced-sodium chicken broth
1/2 c. Marsala cooking wine
1 t. dried basil
1 t. dried thyme
1 t. oregano
1/4 t. salt
1/4 t. pepper
1 c. uncooked mini farfelle pasta (or bow tie pasta)
6 c. torn escarole (or mustard greens)
Parmesan Cheese