

Meal Planning Mommies

MONDAY



Buffalo Shrimp Salad

4 WW SP

1 T. light butter
 1/2 lb. medium shrimp, peeled and deveined
 2 T. hot picante sauce
 1 (6 oz.) bag sweet butter lettuce (This is a mix of green butter lettuce and red leaf lettuce...but any lettuce will do.)
 1/2 c. shredded or matchstick carrots
 1-2 celery stalks
 1/3 c. reduced-fat blue cheese
 1/2 c. light blue cheese dressing (I used Ken's Steak House Lite Chunky Blue Cheese Dressing)

TUESDAY



Chicken Noodle "MPM" Soup

2 WW SP

Cooking spray
 1/2 lb. skinless, boneless chicken, cubed
 1/2 c. finely chopped celery
 1/2 c. finely chopped onion
 1 carrot, finely chopped
 2 garlic cloves, minced
 6 c. fat-free chicken broth
 1/2 t. ground thyme
 3/4 c. DaVinci Alphabet pasta

WEDNESDAY



Slow Cooker Beef Burgundy

6 WW SP

1/2 T. extra virgin olive oil
 1 lb. lean trimmed boneless chuck steak
 1 T. flour
 1 c. red cooking wine
 1 T. tomato paste
 2 garlic cloves, minced
 1/2 t. salt
 1/2 t. ground thyme
 1/4 t. pepper
 1 small onion
 1 large or 2 small carrots (about 4-6 ounces in total)
 1 (10 oz.) package mushrooms, sliced

THURSDAY



Lemon Chicken Scallopini

6 WW SP

Optional ingredients for side dishes:
 1 (10 oz.) bag frozen broccoli or fresh broccoli
 4 oz. uncooked angel hair pasta
Other ingredients:
 1 lb. boneless, skinless chicken breast
 1/3 c. flour
 1/2 t. onion powder
 1/2 t. garlic powder
 1/8 t. ground thyme
 1 T. extra virgin olive oil
 Cooking spray
 1/2 c. fat-free chicken broth
 1/2 t. cornstarch
 1 T. lemon juice
 1/2 c. light sour cream
 1 t. dijon mustard
 Salt and pepper, to taste

FRIDAY



Turkey Parmesan Quesadillas

4 WW SP

Cooking spray
 1 lb. 99% lean ground turkey
 1 t. Italian seasoning
 3/4 c. tomato and basil spaghetti sauce
 1/3 c. Parmesan cheese
 6 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps
 2 c. fresh baby spinach leaves
 3/4 c. reduced fat shredded mozzarella cheese

SATURDAY



Onion Chicken & Potatoes

2 WW SP

1 T. light butter
 2 lbs. skinless, boneless chicken breasts, cut into strips
 2 medium potatoes
 2 onions
 1 (2 oz.) packet dry onion soup mix
 1/4 t. salt
 1/4 t. pepper