

Meal Planning Mommies

MONDAY



**Sweet and Sour
Shrimp Stir Fry**

4 WW SP

1 (8 oz.) can pineapple chunks
Cooking spray
1 lb. large shrimp
1/4 t. salt
1/4 t. pepper
1 c. matchstick carrots
1 red bell pepper
1 green bell pepper
2 T. water
1 T. vinegar
1/2 T. soy sauce
2 T. packed brown sugar
1-1/2 T. cornstarch
1/2 t. sesame seeds, optional
1 (8.8 oz.) package Uncle Ben's Whole Grain Brown Ready Rice

TUESDAY



Bruschetta Pasta Salad

6 WW SP

2 c. Creamette 150 rotini
3-4 medium tomatoes
1/4 cup fresh basil
1 T. extra virgin olive oil
1 T. lemon juice
3 garlic cloves, minced
1/2 t. salt
1/4 t. pepper
3 c. fresh baby spinach
1 c. shredded reduced-fat mozzarella cheese

WEDNESDAY



**Southwest Steak
Egg Rolls**

4 WW SP

2 t. extra virgin olive oil
1 green bell pepper
1 red bell pepper
1 yellow bell pepper
1 red onion
1 jalapeño pepper
2 garlic cloves, minced
1 lb. flat iron steak
1 (1 oz.) packet taco seasoning
1/3 c. water
1 lime, juiced (about 2 T. lime juice)
12 egg roll wrappers
1/2 c. reduced-fat shredded Mexican cheese
1 egg, beaten
Cooking spray

THURSDAY



**Catalina Taco Turkey
Lettuce Wraps**

6 WW SP

Cooking spray
1 lb. 99% lean ground turkey
1/2 c. dry breadcrumbs
1 egg
2 T. taco seasoning from a taco seasoning packet
1/4 c. lite Catalina salad dressing
1/2 c. reduced fat shredded Monterey Jack cheese
8-12 large lettuce leaves
1 tomato
1/2 c. crispy onions

FRIDAY



**Bacon Wrapped
Chicken Roulades**

6 WW SP

4 fresh asparagus spears
4 (4 oz.) boneless, skinless chicken breasts
1/3 c. light mayonnaise
1 T. honey mustard
4 slices thin-sliced deli ham
4 slices thin-sliced provolone cheese slices
8 slices uncooked turkey bacon

SATURDAY



**Potato Crusted
Cod**

4 WW SP

Cooking spray
1/2 c. instant mashed potato flakes
1 T. grated Parmesan cheese
1 t. paprika
1/2 t. Italian seasoning
1/4 t. garlic powder
1/4 t. onion powder
1/2 t. salt
1/4 t. pepper
2 T. extra virgin olive oil, divided
1/4 c. flour
1 egg
4 (4 oz.) cod fillets