

Meal Planning Mommies

MONDAY



Seasoned Chicken & Zucchini Sauté

5 WW SP

1 T. Dijon mustard
1 T. honey
1/3 c. Italian seasoned breadcrumbs
1/4 t. paprika
1/4 t. garlic powder
4 (4 oz.) skinless, boneless chicken breasts
1 T. light butter
1 T. extra virgin olive oil
1 medium zucchini
2 garlic cloves, minced
Salt, to taste
Cooking spray
1/2 c. reduced-fat shredded mozzarella cheese
1 T. grated Parmesan cheese
1 T. fresh basil, snipped (optional)

TUESDAY



Italian Meatball & Vegetable Soup

2 WW SP

1 lb. 99% lean ground turkey
1 egg
1/4 c. Italian seasoned breadcrumbs
1/4 c. grated Parmesan cheese
1/2 c. + 2 T. marinara sauce
2-1/2 c. fresh spinach
3 T. fresh parsley
6 large basil leaves
5 garlic cloves, minced
1/2 t. salt
1/2 t. pepper
Cooking spray
1 T. extra virgin olive oil
1 onion
1 carrot
1 zucchini
2 t. Italian seasoning
4 cups beef broth
1 (14.5 oz) can navy beans
1 (15 oz.) can diced tomatoes

WEDNESDAY



Turkey Jack Quesadillas

5 WW SP

1/2 c. salsa
4 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps or other 1 WW SP tortillas
24 thin sliced turkey slices
1/4 c. canned mushrooms, drained
3/4 c. reduced-fat shredded Pepper Jack cheese
Cooking spray

THURSDAY



Garlic Brown Sugar Salmon & Asparagus

3 WW SP

2 T. light butter, melted
2 T. brown sugar
2 T. water
2 T. soy sauce
3 cloves garlic, minced
1/2 t. lemon juice
1/2 t. paprika
4 (4 oz.) salmon fillets
1 bunch asparagus
Salt and pepper, to taste

FRIDAY



Chili Cheese Dogs

5 WW SP

8 Hebrew National 97% fat-free beef franks
Cooking spray
1 lb. 99% lean ground turkey
1/4 c. diced onions (plus additional onions if you will be putting them on top of the chili dogs)
1/4 c. ketchup
1/4 c. salsa
2 T. water
2 T. tomato paste
1 T. brown sugar
1 t. onion powder
1 t. chili powder
8 light buns
1/2 c. reduced-fat shredded cheddar cheese

SATURDAY



Skinny Chicken Carbonara

6 WW SP

3 strips Oscar Mayer fully cooked bacon
1-1/2 c. bow tie pasta
1 T. light butter
1 lb. skinless, boneless chicken breasts
Salt and pepper, to taste
1/2 T. extra virgin olive oil
3 garlic cloves, minced
2 T. diced onion
2 creamy light Laughing Cow cheese wedges
1/2 c. fat-free half-and-half
1 c. fat-free chicken broth
1/3 c. grated Parmesan cheese
1/4 c. frozen peas
1 T. cornstarch
1 T. water
2 T. parsley, optional