

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Slow Cooker
Beef Pot Roast

6 WW SP

California Cobb
Sandwiches

6 WW SP

Mexican Haystack
Bowls

4 WW SP

Lemon Sesame
Asian Stir Fry

1 WW SP

Slow Cooker BBQ
Chicken Sandwiches

4 WW SP

Orange Chicken w/
Cauliflower Rice

3 WW SP

1 lb. top round steak
2 T. flour
1 T. extra virgin olive oil
3 garlic cloves, minced
Cooking spray
1 c. water
1/2 c. V-8 juice
2 T. ketchup
2 T. apple cider vinegar
1/2 T. sugar
1 t. salt
1/4 t. pepper
1 lb. potatoes
4 medium carrots
1 large or 2 small onions
Salt and pepper, to taste

1-1/2 c. self-rising flour
1-1/2 c. nonfat plain
Greek yogurt
1 T. light butter
Sprinkle of flour
1 T. extra virgin olive oil
1 T. red wine vinegar
1 t. Italian seasoning
1/2 t. Dijon mustard
1 lb. thin sliced boneless,
skinless chicken breasts
Salt and pepper
4 strips Oscar Mayer fully
cooked bacon
2 c. romaine lettuce or
baby spinach
1 tomato
1/2 avocado
2 hard-boiled eggs
1/2 c. reduced-fat
crumbled blue cheese

1 c. quinoa
1 T. light butter
1 T. lime juice
1/4 c. cilantro, optional
1 t. cumin
Salt
Cooking spray
1 lb. 99% lean ground
turkey
2 T. chopped onion
1 (15 oz.) can black beans
1 (14.5 oz.) can diced
tomatoes
1 (8 oz.) can tomato sauce
1 (4.5 oz.) can diced
chiles
1 t. onion powder
1 t. garlic powder
1/2 t. brown sugar
1 (15 oz.) can corn
3/4 c, reduced fat
shredded cheddar cheese

1/4 c. lemon juice
1/4 c. soy sauce
2 T. sesame oil
3 garlic cloves, minced
1 t. ground ginger
1 lb. skinless, boneless
chicken breasts
1 bok choy
4 oz. mushrooms, sliced
1/2 red onion
2 carrots
1 red bell pepper
1 yellow bell pepper
1/2 c. frozen corn
Salt, to taste

1/2 c. fat-free chicken
broth
1/3 c. ketchup
2 T. brown sugar
1 T. red wine vinegar
1 t. Dijon mustard
1 t. Worcestershire sauce
2-3 garlic cloves, minced
1/4 t. salt
1/8 t. paprika
1 lb. boneless, skinless
chicken breasts
1/2 small onion
1 T. cornstarch
1 T. water
7 light hamburger buns

1 large head cauliflower
1 T. sesame oil
1 head broccoli
1 lb. boneless, skinless
chicken breasts
1 T. flour
1 T. light butter
1 large orange, juiced
2 T. brown sugar
1 T. lemon juice
1 T. rice wine vinegar
1 T. soy sauce
2 garlic cloves, minced
1/2 t. fresh ground
ginger
1/4 t. red pepper flakes
1/4 c. chicken broth
1 T. cornstarch
1/4 t. sesame seeds,
optional