

Meal Planning Mommies

MONDAY



**Mushroom Chicken
w/ Wild Rice**

4 WW SP

1 (8.5 oz.) package Uncle Ben's Ready Brown & Wild Rice
1 T. light butter
2 garlic cloves, minced
1 celery stalk, chopped
8 oz. mushrooms, sliced
1 t. celery salt
1 t. garlic powder
1 t. onion powder
1 t. oregano
1 lb. boneless, skinless chicken breasts
1/4 c. water
1 Laughing Cow Garlic and Herb cheese wedge

TUESDAY



**Chickpea Caprese
Pizzas**

6 WW SP

2 t. extra virgin olive oil
2 garlic cloves, minced
1 (10 oz.) bag of frozen Spring vegetables
1/2 c. fat-free chicken broth
1 T. brown sugar
1 T. Worcestershire sauce
4 (4 oz.) boneless, skinless chicken breasts
2 T. cold water
2 t. cornstarch

WEDNESDAY



**Hearty Sausage &
Cabbage Soup**

2 WW SP

2 t. extra virgin olive oil
3 garlic cloves, minced
1 onion, chopped
2 (28 oz.) cans diced tomatoes
2 c. beef broth
1 small cabbage
1 (9.6 oz.) package Jimmy Dean Fully Cooked Turkey Sausage Crumbles
1 T. brown sugar
2 t. dried basil
1 t. dried oregano
1 t. salt
1/4 t. pepper

THURSDAY



**Spaghetti Squash w/
Spinach Tomato Ragu**

3 WW SP

1 small spaghetti squash
1 lb. 99% lean ground turkey
Salt and pepper, to taste
1 onion, chopped
1 (10 oz.) package frozen chopped spinach
1 (15 oz.) can tomato sauce
1 (14.5 oz.) can diced tomatoes
1 (6 oz.) can tomato paste
1 T. Worcestershire sauce
1 T. sugar
1 T. dried parsley
1 t. garlic powder
1/2 t. Italian seasoning
Dash of crushed red pepper flakes
3/4 c. reduced-fat shredded mozzarella cheese

FRIDAY



**Copycat Beefy
5-Layer Burrito**

6 WW SP

Cooking spray
1 lb. 99% lean ground turkey
3/4 c. water
1 (1 oz.) packet Taco Bell taco seasoning
6 Ole Extreme Wellness High Fiber Low Carb wraps, or other 1 WW SP tortillas
3/4 c. salsa con queso
1-1/3 c. canned fat-free refried beans
3/4 c. light sour cream
3/4 c. reduced-fat shredded Mexican cheese

SATURDAY



**Crispy Chicken w/
Sun-Dried Tomato Sauce**

5 WW SP

3/4 c. Panko breadcrumbs
1 t. paprika
1 t. parsley
1/2 t. onion powder
1 egg
2 T. flour
4 (4 oz.) boneless, skinless chicken breasts
Cooking spray
1 T. light butter
3 garlic cloves, minced
1/4 c. fat free half-and-half
1/4 c. cooking white wine
1/4 c. oil-packed sun-dried tomatoes
2 T. grated Parmesan cheese
2 T. light cream cheese
1 T. lemon juice
1/4 t. salt