

MONDAY



Double Seeded Chicken & Broccoli

5 3 3

1 bunch of broccoli, with stems attached
 2 T. extra virgin olive oil
 2 garlic cloves, minced
 Salt and pepper, to taste
 4 (4 oz.) boneless, skinless chicken breasts
 1 egg
 1 T. sesame seeds
 1 T. poppy seeds
 1 t. garlic powder
 1/2 t. salt

TUESDAY



Chicken Tostadas

6 4 4

3/4 c. salsa
 1 (4.5 oz.) can mild chopped green chiles
 1 t. lime juice
 1 t. chili powder
 2 garlic cloves, minced
 1/4 t. ground red (cayenne) pepper
 1 lb. boneless, skinless chicken breasts
 1 (15 oz.) can black beans
 3/4 c. reduced-fat shredded mozzarella cheese
 8 tostada shells
 1 cup cherry tomatoes (optional)
 1 avocado

WEDNESDAY



Asian Shrimp Ramen Soup

4 4 4

8 oz. mushrooms, sliced
 2 medium carrots
 2 t. sesame oil
 3 garlic cloves, minced
 1 T. fresh minced ginger
 4 c. vegetable broth
 1 T. soy sauce
 1 (3 oz.) package Ramen noodles, uncooked (seasoning packet discarded)
 6 oz. small or medium shrimp, peeled and tails off
 2 green onions

THURSDAY



Ham Pear and Goat Cheese Pizzas

6 6 6

4 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas
 Cooking spray
 1/3 c. reduced fat crumbled goat cheese
 1 oz. light cream cheese
 2 T. apricot preserves
 4 oz. shaved deli honey ham
 1 pear
 2 c. arugula
 2 green onions, sliced
 Optional side:
 Salad with remaining arugula and salad dressing

FRIDAY



Italian Penne and Veggies

6 6 6

4 oz. Protein Plus penne pasta
 Cooking spray
 1 zucchini
 1 small red onion
 1/2 t. salt
 1/4 t. pepper
 3 garlic cloves, minced
 1 c. cherry tomatoes
 3 T. Olive Garden light Italian dressing
 1 T. Parmesan cheese
 1 c. reduced-fat shredded mozzarella cheese

SATURDAY



Southwest Chicken Bacon Ranch Salad

6 3 3

4 sliced center cut bacon strips
 1 lb. boneless, skinless chicken breasts
 Salt and pepper, to taste
 1 (15.25 oz.) can Southwest corn
 1 c. canned black beans
 5 oz. (about 8 c.) salad greens (I used a mix of baby spinach, baby chard, and baby green kale)
 1/2 c. reduced-fat shredded Colby Jack cheese
 4 tostada shells (or 20 tortilla chips or 1 c. tortilla strips)
 1/2 c. Kraft light Ranch dressing