

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

Zucchini Crust  
Pepperoni Pizza

6 5 5

2 c. grated zucchini (about 1 zucchini)  
2 eggs  
3/4 c. flour  
3/4 c. reduced fat shredded mozzarella cheese  
2 T. grated Parmesan cheese  
1 t. onion powder  
1 t. pizza seasoning (or Italian seasoning)  
1/2 t. garlic powder  
1/4 t. salt  
1/4 c. spaghetti sauce  
12 slices turkey pepperoni

Optional side: Spinach salad with favorite vinaigrette dressing or light Ranch dressing

Bean and Barley  
Soup

5 2 1

1 T. extra virgin olive oil  
2 carrots  
1 celery stalk  
1 onion  
4 c. fat-free beef broth  
1 (15.5 oz.) can garbanzo beans  
1 (15.5 oz.) can kidney beans  
1 (14.5 oz.) can Italian-style tomatoes (tomatoes with basil, oregano, etc.)  
1/2 c. quick pearled barley  
2 T. grated Parmesan cheese  
1/2 t. chili powder  
1/4 t. cumin  
1 c. baby arugula or baby spinach

Chili Cheese Pigs  
in a Blanket

4 2 2

3 Ole Xtreme 8-inch wraps, or other 1 WW SP tortillas  
3/4 c. fat-free canned chili with beans  
3/8 c. reduced-fat shredded Colby Jack or cheddar cheese  
6 (97% fat-free) Hebrew National franks  
1 egg

Optional side:  
Applesauce and/or carrot slices with light Ranch dressing

Steak Mushroom and  
Blue Cheese Salad

8 8 8

Cooking spray  
1 lb. lean round steak  
8 oz. mushrooms, sliced  
1 shallot, diced  
2 T. extra virgin olive oil  
1 T. red wine vinegar  
1 t. light mayonnaise  
1/2 t. Dijon mustard  
1/8 t. salt  
8 c. baby spinach or salad greens  
1/2 c. reduced-fat crumbled blue cheese



Shepherd's Pie

6 5 2

1-1/2 lbs. potatoes  
2/3 c. fat-free chicken broth  
2 T. light sour cream  
1-1/4 t. salt  
2 t. garlic & herb seasoning  
Cooking Spray  
2 carrots  
1 onion  
1 lb. 95% lean ground beef  
2 garlic cloves, minced  
1 (8 oz.) can tomato sauce  
1 c. frozen peas  
1 c. frozen corn



Salmon Loaf

5 4 4

3 (5 oz.) pouches salmon  
1 (6 oz.) package herb-seasoned dry stuffing mix (I used Stove Top Savory Herb)  
1 c. fat-free chicken broth  
1/2 c. grated Parmesan cheese  
1/4 c. light mayonnaise  
2 eggs  
1 t. lemon juice  
1 red bell pepper  
2-3 green onions  
Cooking spray

Optional side:  
Corn and peach slices