

MONDAY

Pub-Style
Turkey Burgers

7 5 5

1 T. light butter
1 small onion
1 lb. 99% lean ground turkey
1/3 c. seasoned breadcrumbs
1/4 c. nonfat Greek yogurt
1 egg
1 garlic clove
1 t. Worcestershire sauce
1 t. liquid smoke
1/8 t. pepper
Cooking spray
1/4 c. light mayonnaise
1/4 c. reduced fat crumbled blue cheese
2 t. brown sugar
1 t. soy sauce
1 green onion, sliced
6 light hamburger buns

TUESDAY

Chicken Corn
Chowder

8 5 5

1 T. light butter
1 carrot
1 jalapeño
1/4 c. chopped onion
2 T. flour
2 c. 1% reduced-fat milk
1 c. chicken broth
1 (14.75 oz.) can cream-style corn
1 (14.5 oz.) can fire-roasted corn
8 oz. boneless, skinless chicken breasts
1/4 t. pepper
1/8 t. salt
2 bacon strips
Fresh chives, optional

WEDNESDAY

Cornmeal Crusted
Cod & Sweet Potatoes

8 6 3

2 medium sweet potatoes
1 egg
1 t. lemon juice
1/3 c. cornmeal
2 T. flour
1/2 t. onion powder
1/2 t. garlic powder
1/4 t. chili powder
1/4 t. smoked paprika
1 lb. cod fish
2 T. + 1 t. light butter
1 t. extra virgin olive oil
Salt and pepper, to taste

THURSDAY

French Onion
Chicken Sandwiches

7 6 6

1 T. extra virgin olive oil
3 large sweet onions
1/4 t. salt
1/8 t. pepper
2 T. brown sugar
1 t. Marsala cooking wine
1 t. Worcestershire sauce
1/2 t. red wine vinegar
1 lb. boneless, skinless chicken breasts
Cooking spray
Additional salt and pepper, to taste
6 slices French bread
3/4 c. shredded Gruyere cheese

FRIDAY

Slow Cooker Sweet
Glazed Pork Chops

6 6 6

Cooking spray
1 small sweet onion
2 T. barbecue sauce
2 T. ketchup
1 T. apricot preserves
1 t. Worcestershire sauce
1/2 t. garlic powder
1/4 t. chili powder
1 lb. boneless pork chops
1 t. cornstarch

SATURDAY



Cobb Salad

6 5 5

1 head lettuce, chopped or 5 cups salad greens
3 oz. sliced turkey breast deli meat
2 oz. sliced honey ham deli meat
3 slices center cut bacon
2 hard boiled eggs
1 tomato
3/2 fat-free croutons (approximately 1 cup)
1/4 c. shredded Colby Jack cheese
1/3 c. light blue cheese dressing

Optional sides:

Side salad with favorite dressing, Green beans and applesauce, and Steamed broccoli