

## MONDAY

Middle Eastern  
Pita Salad

5 4 4

1/4 c. classic hummus  
2 garlic cloves, minced  
1 T. extra virgin olive oil  
1 t. red wine vinegar  
1 t. lemon juice  
1/4 t. salt  
1/4 t. pepper  
1/4 t. ground thyme  
8 c. salad greens  
16 Athenos original  
flavored baked pita chips  
2 hard-boiled eggs  
1 c. cherry tomatoes  
1/2 c. reduced-calorie  
crumbled feta cheese  
1/2 cucumber  
1/4 c. chopped red onion

## TUESDAY

Better Beef  
Burgers

6 5 5

1 lb. 95% lean ground  
beef  
1/3 c. wheat germ  
1/4 c. 1% lowfat milk  
1 egg  
2 T. nonfat Greek yogurt  
2 T. minced onion,  
optional  
1 t. liquid smoke  
1 t. Worcestershire sauce  
1/2 t. salt  
1/4 t. oregano  
1/8 t. ground thyme  
Cooking spray  
6 light hamburger buns  
**Optional toppings:**  
cheese slices, lettuce,  
pickles, red onion slices,  
tomato, ketchup,  
mustard, and  
mayonnaise

## WEDNESDAY

Chicken Fajita  
Bowls

9 5 5

4 t. extra virgin olive oil  
1 T. lemon juice  
1 t. ground cumin  
1/2 t. chili powder  
1/2 t. garlic powder  
Salt  
1 lb. boneless, skinless  
chicken breasts  
Cooking spray  
1 red bell pepper  
1 yellow bell pepper  
1 onion  
1 (8.8 oz.) package Uncle  
Ben's Original Ready Rice  
2 T. cilantro or parsley  
1 lime, juiced  
1/4 c. light sour cream  
2 T. nonfat Greek yogurt  
1 (15 oz.) can black beans  
2 c. frozen corn kernels  
3/4 c. salsa  
1 avocado

## THURSDAY

Hawaiian Shrimp  
Kabobs

3 2 2

1/4 c. apricot preserves  
1 T. soy sauce  
1/2 t. salt  
1 lb. medium shrimp,  
peeled and deveined  
(approximately 60  
shrimp)  
1 (20 oz.) can pineapple  
chunks in 100% juice  
1 red bell pepper  
1 red onion  
Cooking spray

## FRIDAY



Bruschetta Chicken

4 2 2

4 (4 oz. each) boneless,  
skinless chicken breasts  
1 t. Italian seasoning  
1/2 t. garlic powder  
3/4 t. salt  
1/4 t. pepper  
Cooking spray  
4 slices thin-sliced  
provolone cheese  
3 small tomatoes  
2-3 garlic cloves, minced  
3 T. fresh basil  
1 T. red wine vinegar  
1 t. brown sugar

## SATURDAY

Chicken Tortellini  
Soup

5 4 4

Cooking spray  
1 c. sliced carrots  
2 celery stalks  
2 garlic cloves, minced  
4 c. chicken broth  
1 (12.5 oz.) can chunk  
chicken breast  
1 (9 oz.) package cheese  
tortellini  
1 t. poultry seasoning  
2 t. parsley, snipped  
(optional)  
Salt and pepper, to taste