

MONDAY



Beef and Black Bean Enchiladas

6 5 5

1 lb. 95% lean ground beef
1 jalapeño
1 small onion, diced
1 (15 oz.) can black beans
1 (10.75 oz.) can 98% fat-free condensed cream of mushroom soup
1 c. salsa
1 c. enchilada sauce
1 (1 oz.) packet taco seasoning
Cooking spray
8 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas
1/2 c. reduced-fat shredded cheddar cheese

TUESDAY



Apricot Glazed Salmon

7 2 2

Cooking spray
4 (6 oz. each) salmon fillets
Salt and pepper, to taste
2 T. apricot preserves
2 T. soy sauce
2 t. juice from an orange
1 t. toasted sesame oil
1/2 t. garlic powder
1-2 t. finely chopped apricot, optional

WEDNESDAY



Skinny Hawaiian Pizzas

6 6 6

4 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas
Cooking Spray
1 (8 oz.) can tomato sauce
3 T. tomato paste
1 t. oregano
1 t. sugar
1/2 t. garlic powder
1/2 t. onion powder
1/8 t. garlic salt
4 oz. thin sliced 97% fat-free honey ham
1-1/3 c. pineapple tidbits
1 c. reduced fat shredded Colby Jack cheese
1 c. finely chopped red onion

THURSDAY



Grown Up Grilled Cheese

6 6 6

1 (10 oz.) can diced tomatoes with green chilies
1 t. Italian seasoning
1 t. sugar
1/2 t. salt
4 Laughing Cow Garlic & Herb cheese wedges
8 slices light bread
4 part-skim mozzarella cheese slices
1/2 c. fresh spinach leaves
1/4 c. light mayonnaise

FRIDAY



Asian Couscous Salad

5 5 5

1 (10.8 oz.) bag Asian frozen vegetable medley (a mixture of broccoli, carrots, baby cob corn, and sugar snap peas)
1 c. chicken broth
1/2 t. Mrs. Dash Salt-Free Table Blend seasoning
3/4 c. couscous, uncooked
1/4 c. Asian Toasted Sesame salad dressing (I used Annie's brand)
1 (5 oz.) package salad greens
1/3 c. reduced-fat crumbled feta cheese
1 green onion, sliced

SATURDAY



Ground Turkey Stroganoff

5 4 4

5 oz. wide egg noodles, uncooked
Cooking spray
1 lb. 99% lean ground turkey
8 oz. mushrooms, sliced
1/2 c. chopped onion
2 garlic cloves, minced
1 (12 oz.) jar fat-free beef gravy
1/2 c. fat-free sour cream
2 T. red cooking wine
1/4 t. salt
1/4 t. pepper