

MONDAY



Pan Seared Steak w/ Red Wine Sauce

6 6 6

4 (4 oz. each) lean beef strip sirloin steaks
Salt and pepper, to taste
1/2 T. extra virgin olive oil
1/2 T. light butter
1 shallot, chopped
2 garlic cloves, minced
1 T. flour
2/3 c. red cooking wine
1/2 c. fat free beef broth

TUESDAY



Pesto Mayo Chicken Paninis

8 7 7

4 (4 oz. each) boneless, skinless chicken breasts
1 T. extra virgin olive oil
Salt and pepper, to taste
1/4 c. fresh basil
1/4 c. light mayonnaise
1 T. grated Parmesan cheese
2 garlic cloves, minced
Dash of salt
Dash of pepper
4 bagel thins
4 slices thin-sliced provolone cheese
4 slices tomato
1 c. fresh baby arugula (optional)

WEDNESDAY



Salsa Verde Chicken Tacos w/ Feta

9 6 6

1-1/2 lbs. boneless, skinless chicken breasts
12 crunchy taco shells
1-1/2 c. salsa verde (green salsa)
3/4 c. reduced-fat crumbled feta cheese
1/4 c. diced red onion
1/4 c. cilantro, snipped
1/2 lime, juiced (optional)

THURSDAY



Chicken Bacon "Fettuccine" Alfredo

6 4 4

1 lb. boneless, skinless chicken breasts
1 t. extra virgin olive oil
Salt and pepper, to taste
1 (12 oz.) bag of frozen microwaveable broccoli
3 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas
8 oz. cherry tomatoes
1 (15 oz.) jar Classico Light Creamy Alfredo sauce
1/4 c. grated Parmesan cheese
1 t. garlic powder
Pinch of nutmeg
3 slices bacon

FRIDAY



Honey Mustard Salmon w/ Parmesan Veggies

11 6 6

1 T. light butter
1 T. brown sugar
2 T. Dijon mustard
1 T. honey
1 T. soy sauce
4 (6 oz.) salmon fillets
Cooking spray, if needed
1 (12 oz.) bag frozen Asian medley vegetables (a mix of broccoli, carrots, baby cob corn, and sugar snap peas)
1 T. extra virgin olive oil
2 T. grated Parmesan cheese
Salt and pepper, to taste

SATURDAY



Tuna Avocado Sandwiches

4 3 3

1 (12 oz.) can tuna in water, drained (Starkist, Bumble Bee, or Chicken of the Sea brand)
1/2 avocado
2 T. finely chopped red onion
1/4 c. light mayonnaise
1 T. sweet pickle relish
1 t. Worcestershire sauce
1 t. sugar
1/2 t. lemon pepper seasoning (I used McCormick brand)
12 slices Aunt Millie's Healthy Goodness Light Whole Grain Bread, or other 1 WW SP slices of bread