

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Lemon & Herb Tilapia with Green Beans

2 1 1

Ham & Salsa-Pinach Quesadillas

6 6 6

Italian Parmesan Chicken & Florets

5 3 3

Bacon Cheeseburger Meatballs Subs

8 6 6

Chicken & Corn Salsa

4 1 1

Honey Teriyaki Steak & Squash Stir Fry

4 4 4

4 (4 oz. each) tilapia fillets
 1 t. extra virgin olive oil
 8-12 oz. fresh green beans
 1 lemon
 1/2 c. fresh parsley, snipped
 1 T. light butter
 1 t. apple cider vinegar
 3 garlic cloves, minced
 1/4 t. onion powder
 1/8 t. crushed red pepper flakes
 Salt and pepper, to taste

1 (15 oz.) package frozen chopped spinach
 1/4 c. salsa con queso
 1/4 c. reduced fat crumbled feta cheese
 4 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas
 4 oz. thin sliced 97% fat-free smoked deli ham (approx. 12 slices)
 1 c. salsa
 1/2 c. reduced-fat shredded Mexican cheese
 Cooking spray

2 c. broccoli florets
 2 c. cauliflowerets
 1 red bell pepper
 1 small onion (optional)
 1-1/2 T. light butter, melted
 4 (4 oz. each) thin-cut boneless, skinless chicken breasts
 Cooking spray
 1/2 c. grated Parmesan cheese
 1 (.7 oz.) packet dry Italian salad dressing mix
 1 t. garlic powder

Cooking spray
 2 strips bacon
 1 lb. 99% lean ground turkey
 1 lb. 95% lean ground beef
 2 eggs
 1 onion
 4 garlic cloves, minced
 1/3 c. breadcrumbs
 1/4 c. reduced-fat shredded cheddar cheese
 2 T. grated Parmesan cheese
 2 T. fresh parsley
 1 T. Worcestershire sauce
 1 T. light mayonnaise
 1 T. ketchup
 1 t. dried basil
 1 t. dried oregano
 1/8 t. salt
 1/8 t. pepper
 8 light hot dog buns
 Optional: toppings you enjoy on cheeseburgers (i.e. ketchup, mustard, mayonnaise, barbecue sauce, etc.)

2 T. apple cider vinegar
 1/2 T. sugar
 1/4 t. salt
 1/4 t. pepper
 4 (4 oz. each) boneless, skinless chicken breasts
 Cooking spray
 2 ears corn on the cob (can be substituted with 1-1/2 cups frozen corn kernels, thawed)
 1 c. baby spinach
 1/2 red bell pepper
 1/2 red onion
 1 plum tomato
 1 jalapeño
 2 T. fresh parsley

1 T. extra virgin olive oil
 1 lb. lean and trimmed beef strip sirloin
 2 zucchinis
 2 squashes
 1 onion
 2 garlic cloves, minced
 1 t. minced ginger
 2 T. teriyaki sauce
 2 T. honey
 Salt and pepper, to taste