

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Roasted Pistachio Crusted Salmon

7 4 4

1/4 c. pistachios, dry roasted with salt and without shells
2 T. Panko breadcrumbs
2 T. grated Parmesan cheese
3 T. honey mustard
4 (6 oz. each) salmon fillets
Cooking spray



BBQ Beef & Bean Stew

7 4 4

1 lb. 95% lean ground beef
1 small onion
2 (15.5 oz.) cans of beans (any combination of kidney, cannellini, pinto, or black beans...I used 1 can of kidney and 1 can of cannellini beans)
1 (14.5 oz.) can fire roasted corn
1 c. beef broth
1/2 c. salsa
1/3 c. barbecue sauce
1/2 c. reduced-fat shredded cheddar cheese



Meatza Supreme

7 5 5

1 lb. 95% lean ground beef
1 lb. 99% lean ground turkey
2 eggs
1/4 c. grated Parmesan cheese
1 t. salt
1 t. oregano
1 t. garlic powder
1 t. onion powder
1 c. Prego Pizzeria Style pizza sauce
2 c. reduced-fat shredded mozzarella cheese
2 oz. turkey pepperoni
1/4 c. real bacon bits
1/2 green pepper
1/2 red onion
4 ounces mushrooms, chopped



Pesto Zoodles with Shrimp

5 3 3

2 lbs. zucchinis, spiralized (approximately 4-8 zucchinis, depending on the size of the zucchinis)
2 T. extra virgin olive oil
1-1/2 lbs. medium cooked shrimp
1 (.5 oz.) packet of Pesto sauce mix
1 T. lemon juice
2 garlic cloves, minced
2 T. grated Parmesan cheese



Lumberjack Sausage & Maple Stir Fry

5 5 4

1 lb. potatoes (approximately 2 medium potatoes)
Cooking spray
13 oz. smoked turkey sausage
1 t. extra virgin olive oil
1 green bell pepper
1 red bell pepper
1 onion
1/4 c. reduced calorie syrup
2 T. water



Bacon Topped Raspberry Chicken

6 4 4

4 (4 oz. each) boneless, skinless chicken breasts
Cooking spray
3 White Cheddar Flavored Laughing Cow cheese wedges
2 T. raspberry preserves
1 T. water
8 slices Oscar Mayer fully cooked bacon