

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Pan-Fried Tilapia w/
Coucous Salad

5 4 4

3/4 c. chicken broth
7 t. toasted sesame oil
1/2 c. uncooked
couscous
1/4 c. flour
1 t. garlic powder
1 t. onion powder
1/2 t. chili powder
1/2 t. salt
1/2 t. pepper
7 t. Marsala cooking wine
6 (4 oz. each) tilapia
fillets
1 (5 oz.) bag baby
spinach
2 carrots, shredded and
chopped
2-3 green onions
Extra dash of salt and
pepper, optional



Bean Burritos

5 3 3

Cooking spray
1 onion, chopped
2 (16 oz.) cans fat-free
refried beans
3/4 c. red taco sauce
1 T. chili powder
8 Olé Xtreme Wellness
High Fiber Low Carb 8
inch Wraps, or other 1
WW SP tortillas
1 c. reduced fat
shredded Monterey Jack
cheese

Slow Cooker Pantry
Chicken Soup

8 3 3

2 c. fat-free chicken broth
1 (15.5 oz.) can chickpeas
1 (15.25 oz.) can corn
1 (14.5 oz.) can diced
tomatoes
1 onion, diced
2 garlic cloves, minced
1 t. Italian seasoning
1 t. salt
1 t. chili powder
1/2 t. cumin
1 lb. boneless, skinless
chicken breasts
1/2 c. whipped cream
cheese
2 T. jarred basil pesto
sauce

Teriyaki Salmon
Lettuce Wraps

4 3 3

2 (5 oz.) skinless and
boneless Salmon
pouches
1 egg
2 T. teriyaki sauce
1/4 c. breadcrumbs
2 green onions
1 red bell pepper
2 T. extra virgin olive oil
4 large iceberg or
romaine lettuce leaves



Italian Sub Pizza

7 6 6

2 T. red wine vinegar
1 t. brown sugar
1/2 red onion
1 T. light butter
1 c. self-rising flour
1 c. nonfat Greek yogurt
2 T. light mayonnaise
2 T. light Ranch salad
dressing
2 t. garlic powder
1 T. fresh parsley
2 T. shelled, roasted, and
salted pistachios
1/4 c. reduced-fat
shredded mozzarella
cheese
2 T. grated Parmesan
cheese
1 t. Italian seasoning
4 oz. smoked deli ham
1 oz. mini pepperoni
1/2 c. reduced-fat
spaghetti sauce

Chicken Pasta
Primavera

7 5 5

4 oz. Radiatore pasta
1/4 c. grated Parmesan
cheese
1 (1.6 oz.) packet dry
Knorr's Garlic & Herb
Sauce Mix
1 lb. boneless, skinless
chicken breasts
1 T. light butter
1 (10.5 oz.) can fat-free
condensed cream of
chicken soup
1 (16 oz.) bag frozen
California blend
vegetables (a mix of
broccoli, cauliflower, and
carrots)
1 c. frozen corn