

## MONDAY



Rotini Bean &amp; Sausage Soup

6 5 3

1-1/2 c. fat-free chicken broth  
1 (14.5 oz.) can Basil, Garlic, Oregano diced tomatoes  
4 oz. whole wheat rotini pasta, uncooked  
12 oz. turkey kielbasa  
1 (14 oz.) can cannellini beans  
1/4 c. white cooking wine  
2 oz. baby spinach  
1 T. Mrs. Dash Garlic and Herb seasoning

Optional for more points:  
Shredded or grated Parmesan garnish

## TUESDAY



"Slaw"py Joes Sandwiches

4 3 3

Cooking spray  
1 lb. 99% lean ground turkey  
3/4 c. picante sauce or salsa  
2 T. Worcestershire sauce  
1-1/2 T. brown sugar  
1 T. light mayonnaise  
1 t. apple cider vinegar  
1/2 t. honey  
1/4 t. Dijon mustard  
1/8 t. salt  
1/8 t. pepper  
1 green onion  
2 c. coleslaw mix (packaged shredded cabbage and carrots)  
8 light hamburger buns

## WEDNESDAY



Sweet &amp; Sour Meatball Stir Fry

6 6 6

1 lb. 95% lean ground beef  
1 lb. 99% lean ground turkey  
1/4 c. fat-free milk  
1 egg  
1/4 c. breadcrumbs  
1 t. onion powder  
1 t. dried parsley  
1/2 t. salt  
1/4 t. pepper  
2 c. cooked rice  
1 (20 oz.) can pineapple chunks in pineapple juice  
1/4 c. ketchup  
1 t. fresh ground ginger  
1/4 c. apple cider vinegar  
2 T. brown sugar  
1 T. Worcestershire sauce  
2 carrots  
1 red bell pepper  
1 green bell pepper  
1 T. cornstarch

## THURSDAY



Ham Pumpkin Pear Toasties

5 5 5

1/2 c. canned pumpkin  
1 t. brown sugar  
1/2 t. cinnamon  
1/4 t. nutmeg  
1/4 t. salt  
1/8 t. ginger  
8 slices light sourdough bread  
4 oz. 97% fat-free deli ham slices  
1 (15 oz.) can pear halves in 100% juice  
4 slices thin-sliced Swiss cheese  
2 T. light spreadable butter

## FRIDAY



Creamy Chicken &amp; Wild Rice Soup

5 4 4

Cooking spray  
1 carrot  
1 celery stalk  
1 small onion  
4 oz. mushrooms, sliced or chopped  
4 garlic cloves, minced  
6 c. fat-free chicken broth  
1 lb. boneless, skinless chicken breasts  
1 (4.3 oz.) package Rice-A-Roni Long Grain and Wild Rice  
3 T. light butter  
1/4 c. flour  
1-1/2 c. fat-free half-and-half  
1/4 c. cooking white wine (optional)

## SATURDAY



Rigatoni Meatball Soup

4 4 4

1 T. extra virgin olive oil  
1 small onion  
1 celery stalk  
3 garlic cloves, minced  
1 t. Italian seasoning  
1/2 t. dried basil  
1/2 t. salt  
1 (28 oz.) can crushed tomatoes  
4 c. fat-free beef broth  
4 oz. uncooked rigatoni  
2 c. fresh baby spinach  
1/4 c. shredded fresh Parmesan cheese  
  
+ 1/2 of the meatballs from the Sweet & Sour Meatball Stir Fry