

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Ravioli
Florentine Soup

4 4 4

South of the Border
Cheeseburgers

8 7 7

Chipotle Grilled
Chicken w/ Apple Salsa

3 2 2

Southern-Style
Chicken w/ Mashed
Sweet Potatoes

7 6 3

Baked Cod w/
Creamy Parmesan
Mayo Spread

6 5 5

Cheddar Broccoli
Chicken Casserole

7 6 4

Cooking spray
1 small onion
2 garlic cloves, minced
6 oz. grilled boneless, skinless chicken breast, chopped (I used Aldi's Lunch Mate Original Boneless, Skinless Chicken Breast Strips)
3 c. baby spinach
2 c. (approx. 8 ounces) mini cheese ravioli
2 c. fat-free chicken broth
1 c. V-8 vegetable juice or other tomato juice
1 t. tomato paste
1 t. brown sugar
2 t. grated Parmesan cheese
Salt and pepper, to taste

1 lb. 98-99% lean ground turkey
1 T. Worcestershire sauce
1 t. Mrs. Dash Southwest Chipotle seasoning
1/4 t. salt
2 c. fresh fat-free salsa
Cooking spray
5 slices reduced-fat or "ultra thin" Pepper Jack cheese
5 light hamburger buns
1 avocado
2 T. chopped onion, optional

4 (4 oz. each) boneless, skinless chicken breasts
2 t. Mrs. Dash Southwest Chipotle seasoning
Cooking spray
2 tart apples
1 jalapeño
1/4 cup salted pistachios, shelled
2 T. finely chopped red onion
2 T. red wine vinegar
2 T. chopped cilantro
1 T. fresh ginger
1 t. light maple syrup
1/2 t. salt

1-1/2 lbs. sweet potatoes
6 (4 oz. each) boneless, skinless chicken breasts
1/4 c. yellow cornmeal
2 T. flour
1 t. garlic powder
3/4 t. salt
1/2 t. chili powder
1/8 t. pepper
Cooking spray
2 T. fat-free milk
2 T. light syrup
2 T. light butter
1/8 t. cinnamon

4 (4 oz. each) cod fillets
2/3 c. light mayonnaise
1/4 c. grated Parmesan cheese
1/4 c. green onion, chopped (about 1-2 green onions)
1 t. Worcestershire sauce

1 c. instant brown rice
2 c. chicken broth
1 lb. boneless, skinless chicken breasts, chopped
4 c. broccoli florets (about 1 head broccoli)
2 T. chopped onion
1 (10.5 oz.) can 98% fat-free cream of chicken soup
2 T. fat-free milk
2 T. light sour cream
1 t. garlic powder
1/2 t. Mrs. Dash chicken seasoning
1/2 t. salt
1/8 t. pepper
1 c. reduced-fat shredded cheddar cheese
5 reduced-fat club crackers