

MEAL PLANNING MOMMIES

MONDAY

Alphabet
"MPM" Soup

2 2 2

Cooking spray
1/2 lb. skinless, boneless chicken
1/2 c. finely chopped celery
1/2 c. finely chopped onion
1 carrot, finely chopped
2 garlic cloves, minced
6 c. fat-free chicken broth
1/2 t. ground thyme
3/4 c. DaVinci Alphabet pasta

Optional side:
Sliced bread w/ butter

TUESDAY

Better Beef
Burgers

6 5 5

1 lb. 95% lean ground beef
1/3 c. wheat germ
1/4 c. 1% low-fat milk
1 egg
2 T. nonfat plain Greek yogurt
2 T. minced onion, optional
1 t. liquid smoke
1 t. Worcestershire sauce
1/2 t. salt
1/4 t. oregano
1/8 t. ground thyme
Cooking spray
6 light hamburger buns

Optional side:
Side salad w/ favorite dressing

Optional toppings:
cheese slices, lettuce, pickles, red onion slices, tomato, ketchup, mustard, and mayonnaise

WEDNESDAY

Homemade
Fish Sticks

5 4 4

1/2 c. dry bread crumbs
2 T. grated Parmesan cheese
1 t. lemon-pepper seasoning
1/2 t. paprika
1/2 t. salt
1/2 c. flour
1 large egg
1 egg white
1-1/2 lb. cod fillets
Cooking spray

Optional side:
Warmed canned green beans

BONUS!



Dark Chocolate Covered Banana Bites

1 1 1
(per bite)

3 bananas
1 T. coconut oil
2 oz. Ghirardelli 60% Cacao Bittersweet Chocolate Baking Chips

Optional toppings:
Sprinkles or finely chopped peanuts

THURSDAY

Chili Cheese
Pigs in a Blanket

4 2 2

3 Ole Xtreme 8-inch wraps, or other 1 WW SP tortillas
3/4 c. fat-free canned chili with beans
3/8 c. reduced-fat shredded Colby Jack or cheddar cheese
6 (97% fat-free) Hebrew National franks
1 egg, beaten

Optional side:
Corn-on-the-cob or warmed canned corn

FRIDAY

Grilled Nuggets w/
BBQ Sauce

4 2 2

1/2 c. ketchup
1/3 c. brewed coffee
1/4 c. packed brown sugar
2 T. apple-cider vinegar
1 garlic clove, minced
1/2 t. salt
1/8 t. red pepper flakes
2 lbs. boneless skinless chicken

Optional side:
Steamed broccoli and applesauce

SATURDAY

Whoopsie BLT
Sandwiches

7 5 5

3 eggs
1/2 t. baking powder
1/4 t. salt
1 t. lemon juice
4 oz. light cream cheese
6 slices center cut bacon
2 T. Hellman's mayonnaise
2 tomatoes, sliced
Iceberg or romaine lettuce leaves

Optional side:
Carrot sticks w/ lite Ranch dressing