

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Pizza Soup

4 4 4



Sweet Mini Meatloaves

6 6 6



Ravioli Primavera Soup

5 5 5



Slow Cooker Beef Fajita Chili

5 2 2



Crispy Fish Sandwiches w/ Tartar Sauce

8 7 7



Bacon Cheddar Potato Soup

6 5 3

Cooking spray
1 red or green bell pepper
1 small onion
4 oz. mushrooms
15 turkey pepperoni slices
2 T. Real Bacon Bits (Hormel or Oscar Mayer)
1 t. dried oregano
1 lb. sweet Italian turkey sausage
1 (28 oz.) can diced tomatoes
2 c. fat-free beef broth
1 c. pizza sauce
6 T. reduced-fat shredded mozzarella cheese

1/4 c. apricot preserves
1 T. Smart Balance Omega Buttery Spread (or light butter)
1 T. mustard
1 lb. 96% lean ground beef
1/2 t. salt
Cooking spray
2 green onions

1 T. Smart Balance light buttery spread
1 small onion
1 garlic clove, minced
4 c. fat-free chicken broth
12 oz. frozen California medley vegetables
3 c. refrigerated or frozen mini cheese ravioli
8 oz. cubed, or diced, ham
2 T. grated Parmesan cheese
2 T. fresh snipped parsley, optional

1 lb. 96% extra lean ground beef
1 (15 oz.) can black beans
1 (15 oz.) can kidney beans
2 (10 oz.) cans Rotel Mild Diced Tomatoes and Green Chilies
1 c. fat-free beef broth
1/2 c. salsa
1 green pepper
1 onion
1 T. chili powder
1 t. ground cumin
1 t. salt
1 t. garlic powder
1/2 t. pepper
Optional toppings: Sour cream, shredded cheddar cheese, crushed tortilla chips, or crushed Frito chips

2 T. plain non-fat Greek yogurt
1 T. light mayonnaise
1 T. pickle relish
1 T. soy sauce
1 t. Dijon mustard
2 egg whites
2/3 c. dried breadcrumbs
1 t. paprika
Salt and pepper, to taste
4 (4 oz.) flounder fillets
2 T. Smart Balance Omega Buttery Spread
2 t. extra virgin olive oil
Cooking spray
4 light hamburger buns

Cooking spray
1 lb. 99% lean ground turkey
1 T. Worcestershire sauce
1 c. reduced-fat shredded cheddar cheese
1 lb. potatoes
1 (10.75 oz.) can Campbell's Healthy Request condensed Cheddar Cheese soup
1 (4 oz.) can chopped green chilies
2 c. fat-free beef broth
1/2 c. fat-free milk
2 T. Oscar Mayer Real Bacon Bits
2 T. dried minced onions
1 t. Mrs. Dash Southwest Chipotle seasoning