

WEEKLY MEAL PLANNER

DATES:

DAY OF THE WEEK	MONDAY DATE: _____	TUESDAY DATE: _____	WEDNESDAY DATE: _____	THURSDAY DATE: _____	FRIDAY DATE: _____	SATURDAY DATE: _____	SUNDAY DATE: _____
WHATS FOR DINNER?	Meal: Chicken Tostadas	Meal: Taco Salad	Meal: Turkey Burgers with Roasted Potatoes	Meal: Chicken Tortilla Casserole	Meal: End of the Week Flatbread	Meal:	Meal:
WHAT DO I NEED TO BUY?	Ingredients: 2 Chicken Breasts 6 Small Corn Tortillas 1/2 Can Black Beans 1/2 Bag Frozen Sweet Corn 1/2 Bag Shredded Cabbage 1 Tomato Diced 1 Avocado Diced Fat Free Feta Cheese Olive Oil Lemon/Lime Juice Cumin, Chili Powder Cilantro Salt & Pepper	Ingredients: Ground Turkey Breast 1/2 Can Black Beans 1/2 Bag Frozen Corn 1/2 Bag Shredded Cabbage 1/2 Bag Arugula 1 Avocado Diced 1/2 Tomato Diced Leftover Tortilla Shells, crumbled (or use doritos or tortilla chips) Low Fat Sour Cream Lemon/Lime Juice Salsa (optional) Shredded Cheddar Cheese or Feta	Ingredients: Ground Turkey Breast 1 Apple Diced Buns Sliced Tomato (other half from last night) Cheddar Cheese 1 Bag small potatoes or about 3/4 lb large potatoes Dried Parsley, Dill, Rosemary, Garlic Powder Olive Oil Salt & Pepper Ketchup & Mustard	Ingredients: 1 Can 98% Fat Free Cream of Chicken Soup 1 Can Diced Green Chiles (4.5 oz) 4 oz. Low Fat Sour Cream 1/2 C. Fat Free Milk 1 lb Chicken Breast cooked, cubed 6 Corn Tortillas torn into pieces 1/2 C. Diced Tomatoes (low sodium/no sodium) Cheddar Cheese Any veggies you'd like to add: corn, onions, bell peppers, mushrooms, etc. THROW IT IN!	Ingredients: 1 Whole Wheat Pizza Dough (TJ's) Rest of Arugula from the week Olive Oil Feta Cheese Salt & Pepper Pizza Sauce/Ranch for Dipping ANY PROTEIN YOU'D LIKE: walnuts, chicken, turkey, sausage, steak, bacon, etc. ADD VEGGIES: anything you need to use up, add it!!!!!!	Ingredients:	Ingredients:
HOW DO I MAKE IT?	Recipe: Brush corn tortillas with olive oil (lightly) on both sides and place in 350 oven for 15-20 minutes until golden & crispy. Toss black beans (drained and rinsed), frozen corn (cook as directed on bag), 1/4 tsp. Cumin, 1/4 tsp. Chili powder, 2 cups shredded cabbage, diced tomato, diced avocado, chopped cilantro (if you have it), salt and pepper to taste. Place in refrigerator until ready to serve. Season chicken breasts with salt, pepper, cumin, paprika and chili powder and cook. Dice. Whisk juice of 1 lemon or 2 limes with 2tbsp. Olive oil, salt, pepper and 1/4 tsp. minced garlic (optional). Toss with salad. Serve salad over shells, add chicken, sprinkle with feta cheese. Serves 3-4	Recipe: Cook half of ground turkey package in pan. Use a little olive oil, season with paprika, chili powder, salt, pepper, seasoning salt (optional), cumin...anything red :) Mix the leftover corn, beans, cabbage from yesterday with 1/2 bag arugula, diced avocado, diced tomato and leftover cilantro (if you bought it). Make the same vinaigrette as yesterday with lemon juice and olive oil and toss salad. Top with crumbled tortilla chips, sour cream, shredded cheddar or crumbled feta cheese, and salsa (optional). Serves 3-4	Recipe: Cut potatoes into small pieces or wedges, heat oven to 375 and line baking sheet with foil. Mix potatoes with 2 Tbsp. Olive oil, 1/2 tsp. Dill, 1/2 tsp. Garlic powder/salt, 2 tsp. Parsley, 1/2 tsp. Rosemary, pepper... coat evenly. Place potatoes in single layer and add a little more salt and pepper over the top and bake for 45 minutes or until potatoes are tender and browned. Mix ground turkey meat with one finely diced apple, 1 Tbsp. Olive oil, 1/2 tsp. Parsley, 1/2 tsp. Garlic salt/powder, lots of pepper, 1/2 tsp. Rosemary or whatever herbs you'd like :) Form into the burger size you'd like (you can make mini's if you want!). Cook! Add cheese to the burgers at the end of the cooking to melt. Place on buns with sliced tomato and whatever other veggies/dressings you'd like :) Serves 3-4	Recipe: Heat oven to 350. Spray 13x9 glass baking dish with cooking spray. In large bowl mix soup, chiles, sour cream and milk until blended. Stir in chicken, tortilla pieces and any veggies you're adding. Stir in tomato and 1 cup of cheese. Spoon into baking dish, cover with foil and bake for 40 minutes. Uncover, sprinkle with remaining 1/2 cup of cheese and cook uncovered until cheese is brown and bubbly. Let stand for 5 minutes before serving. THIS SERVES 8 SO YOU WILL HAVE LEFTOVERS. Freeze or reheat for next day lunch/dinner.	Recipe: Follow dough instructions: let it sit on floured surface for 20 minutes before making pizza. Spray large metal baking sheet with cooking spray. Spread the dough out really thin, I usually cover an entire 13x9 baking sheet! Brush with olive oil. Add lots of arugula, this bakes down a TON. Add feta cheese (and cheddar if you'd like). I like doing this recipe at the end of the week because you can use up everything you didn't eat...add ground turkey, chicken, corn, broccoli, anything, seriously! Sprinkle with a little more olive oil, salt and pepper, and bake as directed. I like to dip mine in marinara or pizza sauce or ranch (a la woodstocks). Serves 3-4	Recipe:	Recipe:
SPECIAL NOTES!	<i>Save Leftovers for Taco Salad!</i>	<i>Save Half Ground Turkey for Burger Night!</i>	<i>Add an Easy Salad for more Veggies!</i>	<i>Freeze before cooking to make in advance!</i>	<i>The Kitchen Sink Flatbread! Add anything!</i>		