



## **Weekly Meal Planner (04.06.07)**

### **Day One:**

#### **Balsamic Chicken Drumettes**

*1/4 cup balsamic vinegar  
1/4 cup honey  
1/4 cup brown sugar  
1/8 cup soy sauce  
1 bag of chicken drumsticks (in frozen section)*

*Combine above ingredients in a plastic bag. Shake until dissolved. Add chicken and throw in fridge for two hours to twenty-four hours. Preheat oven to 450 degrees. Place chicken on a foil lined pan. Bake thirty to thirty five minutes. Cook marinade in a saucepan. Bring to a boil. Reduce heat to a simmer and cook for fifteen minutes. Reserve. Brush marinade on the chicken and serve.*

#### **Microwave Taters**

*Yields Four Servings*

*1.5 pounds potatoes- red or Russet. 1.5 pounds of potatoes equals about four cups of diced potatoes  
1 tablespoon butter*

*Any seasoning of your choice- I used a teaspoon of Italian seasoning & salt and pepper*

*In a shallow baking dish, place a tablespoon of butter in the dish and microwave for fifteen seconds (or until the butter is melted). Dice the potatoes and put them on top of the butter. Top the potatoes with any seasonings of your choice. With a spoon, lightly toss the potatoes until they are all coated in the butter. Pop the bowl in the microwave and microwave for fifteen minutes. Every five minutes, just give them a little stir to make sure all of the potatoes get heated evenly.*

### **Day Two:**

## **Chicken Broccoli Lo Mein**

*8 ounces thin spaghetti (if linguine is available, I prefer this over the spaghetti)  
2/3 pound skinless, boneless chicken (3 chicken breasts, dethawed overnight)  
1 cup fresh button mushrooms  
1 tablespoon vegetable oil  
1 bag frozen broccoli pieces  
3 tablespoons soy sauce  
1 tablespoon white vinegar  
1 tablespoon ketchup*

*Cook pasta as directed. Clean & chop mushrooms. Heat oil. Cut chicken in bite size pieces. When all the chicken is cut, add it to the skillet. Add mushrooms and broccoli to the skillet. Cook for five to six minutes or until mushrooms have released their liquid and chicken is cooked through. Add soy sauce, vinegar, and ketchup. Stir to combine. Add cooked pasta and serve immediately.*

*Serve with ramekins of applesauce.*

## **Day Three:**

### **Classic Baked Ziti**

*(Serves Eight)*

*1 pound short pasta (ziti, penne, or elbow macaroni)*

*1 jar of plain spaghetti sauce*

*1 cup low-sodium chicken broth*

*1 pound ground turkey*

*1 teaspoon Italian seasoning*

*1/2 teaspoon garlic powder*

*2 cups mozzarella cheese, shredded*

*1 cup grated Parmesan cheese*

*Preheat oven to 350 degrees. Bring water to a boil in a large pot. Brown the ground turkey in a skillet. Sprinkle with salt, pepper, garlic powder and Italian seasonings. Drain fat from turkey. Dump in the jar of spaghetti sauce and 1 cup of chicken broth. Allow this to simmer while you cook the noodles. Cook noodles until al dente (make sure there is still a good bite to the noodle). Stir one cup of sauce into the drained noodles. Add 1/2 cup of sauce to the bottom of a 9×13" dish and then pour in 1/2 of the noodles. Top these noodles with half the cheese. Repeat these steps with the remainder of the ingredients. Bake for twenty minutes covered and then remove foil and bake another ten minutes.*

Serve with Texas Toast.

### **Day Four:**

#### **Roasted Chicken** (Serves 4)

*1 whole chicken - approximately three pounds*

*Wash chicken inside & out (removing anything inside). Sprinkle seasoning of your choice on the chicken (Lawry's, Mrs. Dash, salt, or pepper). Next put three balls of aluminum foil in the bottom of the slow cooker (this creates a rack so the chicken doesn't soak in its own juices). Place the chicken in, breast side down, and cook on low for six to eight hours.*

Pair this dinner with a side of mashed potatoes and steamed broccoli.

***Amy's Notes: Adjust the cooking time according to your slow cooker. I do not put this chicken in until 1:00 and it is ready by 5:00 on low. The newer slow cookers seem to cook quicker so adjust your times accordingly.***

### **Day Five:**

#### **Herb Baked Tilapia**

4 (4 to 6 ounce) tilapia fillets  
1/3 cup Parmesan cheese  
1/4 cup low-fat mayonnaise  
1/4 cup dry bread crumbs (I prefer the Italian breadcrumbs & I skip the dried seasonings)  
1 tsp dried basil  
1 tsp dried oregano  
1/4 tsp salt  
1/4 tsp pepper

Heat oven to 400 degrees. Place tilapia on nonstick foil. In a small bowl, combine cheese and mayonnaise. Spread evenly over fish. In another bowl, combine bread crumbs, basil, oregano, salt and pepper. Sprinkle over fish. Coat fish lightly with cooking spray. Bake 10 minutes or until fish flakes easily with fork.

Serve with steamed broccoli and rice.

### **Day Six:**

#### **One-Pan Chicken & Potato Bake**

*4 bone-in chicken pieces (1 1/2 pounds)  
4 large potatoes cut into wedges  
1/4 Italian dressing (I used 1/2 cup because I wanted more flavor to the chicken & potatoes)  
1/4 cup grated parmesan cheese*

*Preheat oven to 400 degrees. Place chicken & potatoes in 9x13 baking dish. Pour dressing over chicken & potatoes; sprinkle with cheese. Bake one hour or until chicken is cooked through. Sprinkle with fresh parsley, if desired.*

***Day Seven:***

***Crock Hot Dogs***

*8 hot dogs (about one pound)*

*Put the hot dogs in the slow cooker. Cover and cook on HIGH until hot & slightly browned around edges, 1.5-2 hours. Remove with metal tongs and serve hot, in buns, with the fixings.*

Serve with chips or pretzels.