

There are a few changes that have been made to the My Family Meal Planner Light:

After the dietitian and I took a deeper look at the meal planner we discovered that most of the meals/recipes were Diabetic Friendly which means they have less than 60 gram of Carbohydrates or less than 4 Carb Choices. If you are interested in the diabetic information, it is listed on the following pages. I have included the number of Carb Choices for each meal and recipe. I have also put a * by the meals/recipes that are considered diabetic friendly. As always, you should follow your doctors individual plan for you if you are a diabetic.

Also, if you are on a weight loss program that counts points and they changed their points formula at the end of 2010, I have also included those new point values for the meals/recipes.

Main Dishes

- *Apple Chops Carb Choices 2 MyPoints Plus 8.45
- *Baked Penne Carb Choices 2.5 MyPoints Plus 9.83
- *Barbecue Burgers Carb Choices 2 MyPoints Plus 9.5
- *Beef Macaroni Carb Choices 2 MyPoints Plus 5.15
- *Beef Soft Tacos Carb Choices 2 MyPoints Plus 7.01
- *Chicken and Shrimp Kabobs/Stir Fry
Carb Choices 2 MyPoints Plus 5.32
- *Chicken Noodle Soup Carb Choices .5 MyPoints Plus 2.6
- *Chicken Spaghetti Carb Choices 2.5 MyPoints Plus 7.73
- *Chicken Taco Soup Carb Choices 1.5 MyPoints Plus 4.04
- *Chimichangas Carb Choices 2.5 MyPoints Plus 8.6
- *Cinnamon Chipotle Chops
Carb Choices <.5 MyPoints Plus 3.57
- *Cream of Chicken Tenderloins
Carb Choices 2 MyPoints Plus 7.27
- *Cream of Mushroom Round Steak

- Carb Choices .5 MyPoints Plus 6.35
- *Creamy Potatoes and Ham
Carb Choices .5 MyPoints Plus 2.6
- *Crock Pot Fajitas Carb Choices 1.5 MyPoints Plus 5.11
- *Crunchy Ranch Chicken Carb Choices .5 MyPoints Plus 4.02
- *Diet Cola Chicken Carb Choices 2.5 MyPoints Plus 7.11
- *Garlic Chicken Carb Choices 2.5 MyPoints Plus 7.41
- *Ham and Swiss Bagel Sandwiches
Carb Choices 2.5 MyPoints Plus 7.7
- *Honey Mustard Pork Chops
Carb Choices 0 MyPoints Plus 3.7
- *Jamaican Jerk Shrimp Carb Choices 1 MyPoints Plus 4.58
- *Lemon Chicken Carb Choices .5 MyPoints Plus 3.9
- *Meatloaf Carb Choices 1 MyPoints Plus 7.29
- *Montreal Steaks Carb Choices 0 MyPoints Plus 5.14
- *Mushroom Burgers Carb Choices 1.5 MyPoints Plus 8
- *Oriental Chicken Salad Carb Choices 1.5 MyPoints Plus 6.72
- *Peanut Butter Chicken Carb Choices 1.5 MyPoints Plus 7.15
- *Penne, Parmesan, Peas and Ham
Carb Choices 2.5 MyPoints Plus 8.27
- *Peppered Chicken and Pasta
Carb Choices 1.5 MyPoints Plus 4.76
- *Pineapple Shrimp Kabobs/Stir Fry
Carb Choices 1 MyPoints Plus 3.98
- *Pizza Casserole Carb Choices 1 MyPoints Plus 4.75
- *Pork Chops and Mushrooms
Carb Choices .5 MyPoints Plus 5.05
- *Pot Roast Carb Choices 1.5 MyPoints Plus 8.71
- *Pulled Chicken Sandwiches
Carb Choices 2 MyPoints Plus 6.53
- *Roast Beef and Gravy Carb Choices .5 MyPoints Plus 7.32
- *Rotini Beef Stroganoff Carb Choices 2 MyPoints Plus 6.99
- *Salsa Chicken Carb Choices 3 MyPoints Plus 8.18
- *Skillet Cheeseburgers Carb Choices 1.5 MyPoints Plus 9.51
- *Skillet Spaghetti Carb Choices 2 MyPoints Plus 7.22
- *Slow Cooked Pork Tenderloin
Carb Choices .5 MyPoints Plus 6.46
- *Smoked Sausage and Beans
Carb Choices 2 MyPoints Plus 7.17

- *Steak Wrap Carb Choices 2 MyPoints Plus 7.83
- *Stovetop Tuna Carb Choices 2.5 MyPoints Plus 6.53
- *Swiss Steak Carb Choices 1 MyPoints Plus 6.13
- *Taco Lasagna Carb Choices 2 MyPoints Plus 9.2
- *Tex Mex Skillet Dinner Carb Choices 1.5 MyPoints Plus 7.29
- *Tomato Beef Soup Carb Choices 1.5 MyPoints Plus 4.22
- *Tuna Broccoli Bake Carb Choices 1 MyPoints Plus 5.08
- *Turkey Casserole Carb Choices 2.5 MyPoints Plus 7.58
- *Turkey Melts Carb Choices 2 MyPoints Plus 8.46
- *Turkey Pot Pie Carb Choices .5 MyPoints Plus 4.53
- *Upside Down Meatball Pizza
Carb Choices 1.5 MyPoints Plus 7.28

Desserts

- Banana Brownie Treat Carb Choices 2.5 MyPoints Plus 6.28
- Banana Chocolate Chip Cookies
Carb Choices .5 MyPoints Plus 1.7
- Caramel Apple Salad Carb Choices 2.5 MyPoints Plus 5.03
- Pinapple Cake Carb Choices 2 MyPoints Plus 3.43
- Strawberry Banana Smoothie
Carb Choices 1.5 MyPoints Plus 2.82
- Strawberry Cream Trifle Carb Choices 1.5 MyPoints Plus 3.48
- Zucchini Brownies Carb Choices 2.5 MyPoints Plus 6.22

Side Dishes

- Asparagus Carb Choices 0 MyPoints Plus .58
- Broccoli and Cheese Carb Choices 0 MyPoints Plus .63
- Cinnamon Chipotle Potatoes
Carb Choices 2.5 MyPoints Plus 4.48
- Cottage Cheese Salad Carb Choices 1.5 MyPoints Plus 4.39
- Crock Pot Cheesy Potatoes Carb Choices 1 MyPoints Plus 4.4
- Crock Pot Creamy Corn Carb Choices 2 MyPoints Plus 4.99
- Glazed Baby Carrots Carb Choices .5 MyPoints Plus 1.91
- Vegetable Pasta Salad Carb Choices 2 MyPoints Plus 4.36
- Zucchini Parmesan Carb Choices 0 MyPoints Plus .6

Menus

Week 1

- *Day 1 CC 2 MPP 7
- *Day 2 CC 3.5 MPP 9
- *Day 3 CC 3 MPP 8
- *Day 4 CC 2.5 MPP 7

Week 2

- *Day 1 CC 3 MPP 9
- Day 2 CC 5 MPP 10
- *Day 3 CC 3.5 MPP 10
- *Day 4 CC 3 MPP 8

Week 3

- Day 1 CC 4 MPP 12
- *Day 2 CC 2.5 MPP 9
- *Day 3 CC 2 MPP 6
- Day 4 CC 4 MPP 9

Week 4

- *Day 1 CC 3 MPP 11
- *Day 2 CC 3 MPP 8
- *Day 3 CC 2.5 MPP 10
- *Day 4 CC 2.5 MPP 6

Week 5

- *Day 1 CC 2.5 MPP 7
- Day 2 CC 4 MPP 12
- *Day 3 CC 3.5 MPP 10
- Day 4 CC 4 MPP 11

Week 6

- *Day 1 CC 3.5 MPP 10
- *Day 2 CC 1 MPP 5
- *Day 3 CC 3.5 MPP 12
- *Day 4 CC 3 MPP 9

Week 7

- Day 1 CC 4 MPP 10
- *Day 2 CC 2.5 MPP 8
- *Day 3 CC 2.5 MPP 9
- Day 4 CC 4 MPP 10

Week 8

*Day 1 CC 1 MPP 5
*Day 2 CC 2 MPP 8
*Day 3 CC 3 MPP 9
*Day 4 CC 2.5 MPP 7

Week 9

*Day 1 CC 3 MPP 11
*Day 2 CC 1.5 MPP 6
*Day 3 CC 3 MPP 10
*Day 4 CC 3 MPP 9

Week 10

Day 1 CC 4 MPP 11
*Day 2 CC 2 MPP 10
*Day 3 CC 3 MPP 11
*Day 4 CC 3 MPP 10

Week 11

*Day 1 CC 2.5 MPP 11
*Day 2 CC 3.5 MPP 8
*Day 3 CC 3 MPP 9
*Day 4 CC 3 MPP 7

Week 12

*Day 1 CC 3.5 MPP 10
Day 2 CC 4 MPP 9
*Day 3 CC 3 MPP 13
Day 4 CC 4 MPP 9

Week 13

*Day 1 CC 3 MPP 9
*Day 2 CC 3 MPP 11
*Day 3 CC 3.5 MPP 11
*Day 4 CC 1.5 MPP 5

Week 14

*Day 1 CC 2.5 MPP 8
*Day 2 CC 2.5 MPP 6
*Day 3 CC 3 MPP 9
*Day 4 CC 2.5 MPP 13

Week 15

*Day 1 CC 3.5 MPP 11
Day 2 CC 5 MPP 12
*Day 3 CC 1.5 MPP 8
*Day 4 CC 2.5 MPP 9

Week 16

*Day 1 CC 3 MPP 11
Day 2 CC 4 MPP 10
*Day 3 CC 3 MPP 7
Day 4 CC 4 MPP 11

Week 17

Day 1 CC 4 MPP 9
*Day 2 CC 2.5 MPP 7
Day 3 CC 4 MPP 9
*Day 4 CC 3 MPP 7

Week 18

Day 1 CC 4.5 MPP 13
Day 2 CC 4 MPP 10
Day 3 CC 4 MPP 11
*Day 4 CC 3 MPP 8

Week 19

*Day 1 CC 2.5 MPP 7
*Day 2 CC 2.5 MPP 8
*Day 3 CC 3 MPP 10
*Day 4 CC 3 MPP 8

Week 20

*Day 1 CC 3 MPP 9
*Day 2 CC 3.5 MPP 9
*Day 3 CC 3.5 MPP 10
*Day 4 CC 3.5 MPP 10

Week 21

*Day 1 CC 1 MPP 5
*Day 2 CC 3.5 MPP 12
*Day 3 CC 2.5 MPP 12
*Day 4 CC 3.5 MPP 10

Week 22

*Day 1 CC 3 MPP 12
*Day 2 CC 3 MPP 9
*Day 3 CC 2 MPP 8
*Day 4 CC 3 MPP 10

Week 23

*Day 1 CC 2 MPP 6
*Day 2 CC 2.5 MPP 8
*Day 3 CC 3 MPP 8
*Day 4 CC 2.5 MPP 11

Week 24

*Day 1 CC 3 MPP 11
*Day 2 CC 3 MPP 8
*Day 3 CC 3 MPP 13
*Day 4 CC 2.5 MPP 8

Week 25

*Day 1 CC 1.5 MPP 5
*Day 2 CC 3.5 MPP 12
*Day 3 CC 3 MPP 10
Day 4 CC 5 MPP 10

Week 26

*Day 1 CC 2.5 MPP 7
*Day 2 CC 2.5 MPP 9
*Day 3 CC 2.5 MPP 13
*Day 4 CC 3 MPP 7

Week 27

*Day 1 CC 3.5 MPP 10
Day 2 CC 4.5 MPP 9
*Day 3 CC 3.5 MPP 11
*Day 4 CC 2 MPP 7

Week 28

Day 1 CC 4 MPP 9
*Day 2 CC 3 MPP 10
*Day 3 CC 2.5 MPP 6
*Day 4 CC 3 MPP 11

Week 29

*Day 1 CC 3 MPP 7
*Day 2 CC 3.5 MPP 10
*Day 3 CC 3.5 MPP 9
*Day 4 CC 3.5 MPP 9

Week 30

*Day 1 CC 2.5 MPP 6
Day 2 CC 4 MPP 11
*Day 3 CC 2.5 MPP 7
*Day 4 CC 3.5 MPP 10

Week 31

Day 1 CC 4 MPP 12
*Day 2 CC 3.5 MPP 9
Day 3 CC 3 MPP 9
*Day 4 CC 4 MPP 9

Week 32

*Day 1 CC 3 MPP 8
*Day 2 CC 3.5 MPP 9
*Day 3 CC 3.5 MPP 8
*Day 4 CC 2.5 MPP 7

Week 33

*Day 1 CC 3.5 MPP 10
*Day 2 CC 3.5 MPP 12
*Day 3 CC 2.5 MPP 8
*Day 4 CC 2 MPP 6

Week 34

*Day 1 CC 3 MPP 9
*Day 2 CC 2 MPP 8
*Day 3 CC 2.5 MPP 11
Day 4 CC 4 MPP 10

Week 35

*Day 1 CC 3 MPP 8
*Day 2 CC 2 MPP 6
*Day 3 CC 3.5 MPP 9
*Day 4 CC 2.5 MPP 11

Week 36

*Day 1 CC 1.5 MPP 5
*Day 2 CC 3 MPP 9
*Day 3 CC 3.5 MPP 11
*Day 4 CC 2.5 MPP 9

Week 37

Day 1 CC 4 MPP 10
*Day 2 CC 3.5 MPP 12
Day 3 CC 4.5 MPP 12
*Day 4 CC 3 MPP 10

Week 38

*Day 1 CC 2 MPP 7
*Day 2 CC 2 MPP 5
*Day 3 CC 2 MPP 10
*Day 4 CC 3.5 MPP 13

Week 39

Day 1 CC 4 MPP 9
*Day 2 CC 2.5 MPP 13
*Day 3 CC 3 MPP 11
*Day 4 CC 3 MPP 9

Week 40

*Day 1 CC 3.5 MPP 10
*Day 2 CC 3 MPP 7
*Day 3 CC 2.5 MPP 8
Day 4 CC 4.5 MPP 11

Week 41

Day 1 CC 4.5 MPP 9
*Day 2 CC 2 MPP 6
*Day 3 CC 2.5 MPP 8
*Day 4 CC 3 MPP 11

Week 42

*Day 1 CC 2.5 MPP 7
*Day 2 CC 3.5 MPP 9
*Day 3 CC 2 MPP 6
Day 4 CC 4 MPP 11

Week 43

*Day 1 CC 3 MPP 10
*Day 2 CC 3.5 MPP 8
*Day 3 CC 3 MPP 11
*Day 4 CC 3.5 MPP 12

Week 44

*Day 1 CC 3 MPP 11
*Day 2 CC 3 MPP 8
Day 3 CC 4 MPP 11
Day 4 CC 4 MPP 10

Week 45

*Day 1 CC 3 MPP 8
*Day 2 CC 1.5 MPP 6
*Day 3 CC 3.5 MPP 9
*Day 4 CC 2.5 MPP 11

Week 46

*Day 1 CC 3 MPP 9
*Day 2 CC 3.5 MPP 10
*Day 3 CC 2 MPP 6
*Day 4 CC 3.5 MPP 9

Week 47

*Day 1 CC 3.5 MPP 8
*Day 2 CC 1 MPP 5
*Day 3 CC 3 MPP 8
Day 4 CC 4 MPP 9

Week 48

*Day 1 CC 2.5 MPP 7
Day 2 CC 4.5 MPP 12
*Day 3 CC 3.5 MPP 9
*Day 4 CC 3 MPP 10

Week 49

*Day 1 CC 2 MPP 8
*Day 2 CC 3.5 MPP 9
*Day 3 CC 2 MPP 9
*Day 4 CC 3 MPP 10

Week 50

*Day 1 CC 3 MPP 7
*Day 2 CC 3 MPP 7
*Day 3 CC 3.5 MPP 12
*Day 4 CC 3.5 MPP 10

Week 51

*Day 1 CC 2.5 MPP 13
*Day 2 CC 2 MPP 7
*Day 3 CC 2 MPP 5
Day 4 CC 4.5 MPP 11

Week 52

*Day 1 CC 2.5 MPP 8
Day 2 CC 4 MPP 9
*Day 3 CC 2 MPP 10
*Day 4 CC 2.5 MPP 8