

# My Family Meal Planner Light

## Main Dishes

Apple Chops  
Baked Penne  
Barbecue Burgers  
Beef Macaroni  
Beef Soft Tacos  
Chicken and Shrimp Kabobs/Stir Fry  
Chicken Noodle Soup  
Chicken Spaghetti  
Chicken Taco Soup  
Chimichangas  
Cinnamon Chipotle Chops  
Cream of Chicken Tenderloins  
Cream of Mushroom Round Steak  
Creamy Potatoes and Ham  
Crock Pot Fajitas  
Crunchy Ranch Chicken  
Diet Cola Chicken  
Garlic Chicken  
Ham and Swiss Bagel Sandwiches  
Honey Mustard Pork Chops  
Jamaican Jerk Shrimp  
Lemon Chicken  
Meatloaf  
Montreal Steaks  
Mushroom Burgers  
Oriental Chicken Salad  
Peanut Butter Chicken  
Penne, Parmesan, Peas and Ham  
Peppered Chicken and Pasta  
Pineapple Shrimp Kabobs/Stir Fry  
Pizza Casserole  
Pork Chops and Mushrooms  
Pot Roast  
Pulled Chicken Sandwiches  
Roast Beef and Gravy  
Rotini Beef Stroganoff  
Salsa Chicken  
Skillet Cheeseburgers  
Skillet Spaghetti  
Slow Cooked Pork Tenderloin  
Smoked Sausage and Beans  
Steak Wrap

Stovetop Tuna  
Swiss Steak  
Taco Lasagna  
Tex Mex Skillet  
Tomato Beef Soup  
Tuna Broccoli Bake  
Turkey Casserole  
Turkey Melts  
Turkey Pot Pie  
Upside Down Meatball Pizza

## Desserts

Banana Brownie Treat  
Banana Chocolate Chip Cookies  
Caramel Apple Salad  
Pineapple Cake  
Strawberry Banana Smoothie  
Strawberry Cream Trifle  
Zucchini Brownies

## Side Dishes

Asparagus  
Broccoli and Cheese  
Cinnamon Chipotle Potatoes  
Cottage Cheese Salad  
Crock Pot Cheesy Potatoes  
Crock Pot Creamy Corn  
Glazed Baby Carrots  
Vegetable Pasta Salad  
Zucchini Parmesan