

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 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 Cheesy Potatoes
Crock Creamy Corn
Glazed Baby Carrots
Vegetable Pasta Salad
Zucchini Parmesan