

Meal Planner for 2 Light & Clean

Main Dishes

Applesauce Chicken
Baked Salmon
Baked Tilapia
Balsamic Roast Beef French Dip
Beef and Broccoli
Beef Tacos
Breakfast Burritos
Cajun Pork
Chicken & Sweet Potatoes in the Slow Cooker
Chicken and Zucchini Noodle Skillet
Chicken Fried Rice
Chicken Noodle Soup
Chicken Scampi
Cider Vinegar Chicken
Cilantro Lime Chicken Tacos
Cilantro-Lime Tilapia
Cumin Pork Chops
Egg Roll Skillet
Flank Steak
Garlic Chicken
Garlic Lemon Chicken
Greek Style Chicken
Ham & Egg Cups
Hamburgers
Honey Chicken
Honey Garlic Boneless Pork Chops
Honey Mustard Chicken Boats
Lemon Basil Chicken with Carrots
Mediterranean Pork and Quinoa
Mushroom Asparagus Chicken Stir-Fry
Pepperoncini Beef Roast
Philly Cheesesteak Stuffed Peppers
Pineapple Pork Chops
Porcupines in a Skillet
Quesadilla Burger
Skillet Lasagna
Skillet Sausage and Rice
Slow Cooker Taco Spaghetti Squash
Southwest Chicken
Southwest Salad
Spaghetti Squash

Spicy Beef Stir-Fry
Spinach, Sausage and Bean Soup
Spinach Topped Chicken
Sugar & Spice Chicken
Steak and Veggie Skillet
Stuffed Green Peppers
Taco Chicken Chili
Teriyaki Chicken
Tomato & Basil Pasta
Tuna Patties
Turkey Muffin Meatloaf
Unstuffed Cabbage Rolls

Desserts

Baked Pear with Greek Yogurt & Cinnamon
Frozen Strawberry Yogurt
PB2 Banana with Chocolate Chips
Peanut Butter Chocolate Chip Cookie Dough Dessert
Pineapple Whip
Slow Cooker Cooked Apples
Warm Cinnamon and Honey Banana

Side Dishes

Cilantro Lime Rice
Garlic Roasted Broccoli
Slow Cooker Sweet Potatoes
Sweet Potato Fries

Seasoning Mixes

Dry Onion Soup Mix Packet
Dry Ranch Seasoning Packet
Taco Seasoning Packet