

# My Family Meal Planner 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