

Sunday



Baked Macaroni and Cheese

Cheesy, rich, delicious--just what you expect in macaroni and cheese. What you won't expect? 2/3 the fat of the original!

Monday



Chicken Philly Cheese

Warm meat, gooey cheese, and grilled vegetables--what's not to love about a Philly cheese steak? How about the more than 1,600 calories in each one! This take on the classic skimps on fat but not flavor.

Tuesday



Quinoa with Spinach and Feta Cheese

Quinoa is similar to brown rice, with a higher protein content. This is a delicious side dish or light meal.

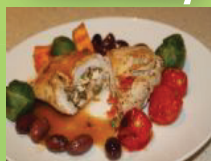
Wednesday



No Guilt Cheese Enchiladas

This guilt-free version is quick and easy and satisfies even the most discerning cheese lovers in our family. They look really cheesy, with 1/2 cup of cheese on top, but looks can be deceiving. The filling is tasty and lower-fat, and the tortillas are softened in the microwave, reducing the fat and calories even further.

Thursday



Chicken Breasts Stuffed with Goat Cheese and Sun-Dried Tomatoes

This dinner looks fancy, but it's quite easy!

Friday



Cauliflower, Pasta, and Cheese Gratin

You'll love this layered, cheesy dish.

Saturday



Three Cheese Chicken Penne Pasta Bake

This is a keeper for busy families! Choose no salt added tomatoes and pasta sauce to lower the sodium.