

While a trip to Paris might not in be the budget, a few French-themed meals likely are. Put some Edith Piaf on the stereo, pour a glass of wine, and whip of one of these dinners worthy of a fancy bistro--but with less fat and fewer calories.

Sunday



[Chef Meg's Slow Cooker Provencal Chicken and Beans](#)
over whole wheat pasta

Monday



[Nathan's Two-Thumbs-Up Ratatouille](#)
with roast or grilled chicken

Tuesday

[Crustless Mini Quiche Lorraine](#)
with whole-wheat toast

Wednesday



[Chef Meg's 15-Minute Fish with Parsley Pesto](#)
with brown rice and green beans

Thursday



[Pistachio-Crusted Salmon](#)
with side salads and crusty whole-wheat bread

Friday

[Dijon Chicken](#)
with brown rice and sautéed carrots

Saturday

[Boeuf Bourguignon \(Burgundy Beef\)](#)
with roasted potatoes and mixed frozen veggies