

Sunday



Grilled Cheese Pizza Sandwich

This tastes just like cheese pizza, plus you get about 25% of your daily calcium in one meal! Pair this with a salad and you have a great pizzeria style lunch without the calories attached...or the bill.

Monday



Spicy Nutty Chicken Nuggets with Sweet and Spicy Potato Oven Fries

Instead of reaching for fried chicken or frozen chicken nuggets, turn to these spicy, crunchy ones instead. Pair with baked fries!

Tuesday



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!

Wednesday



Crockpot Chicken Tacos

This easy low-fat dinner goes great with corn tortillas, low-fat cheese and all the veggies you can load on your tacos!

Thursday



Healthy Chicken Vegetable Casserole

Try this inexpensive and fresh version of a chicken casserole--no need for processed soups or sauces!

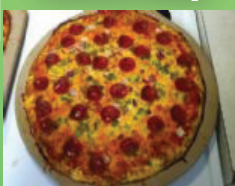
Friday



Skillet Lasagna

A much quicker version of the Italian classic. It takes less time but has no less taste.

Saturday



You Won't Believe it's Cauliflower Pizza Crust

Delicious and easy (gluten free too)! The crust can be made then frozen until ready to eat. It won't fall apart and can be made into "breadstick" shape rather than pizza crust shape, too.