

Sunday



Healthy Chicken Vegetable Casserole

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

Monday



Slow Cooker Lasagna

What a great dish for one of those nights when your kids have a late soccer game! Brown the meat, layer in the ingredients, set your slow cooker on low, and go! From The SparkPeople Cookbook: Love Your Food, Lose the Weight

Tuesday



Slow Cooker Marinara Chicken and Vegetables (Chef Meg's Makeover)

Chef Meg made over a versatile member recipe by adding extra vegetables and reducing the sodium. Serve with a side salad or over whole wheat pasta or brown rice.

Wednesday



White Chicken Chili (Chef Meg's Makeover)

This chili is packed with flavor and fiber. Make a big batch for a crowd or freeze it in single-serving containers for up to 4 months.

Thursday



Tex Mex Calzones (Chef Meg's Makeover)

An Italian favorite gets a below the border twist. Chef Meg made just a few tweaks before giving this one her seal of approval! She adds the spices early in cooking to help boost flavor and added a full pound of turkey for a more filling meal.

Friday



Baked Chicken with Garlic and Sun Dried Tomatoes (Chef Meg's Makeover)

Chef Meg made over this member-submitted recipe to add flavor without fat and calories.

Saturday



Taco Soup (Chef Meg's Makeover)

Chef Meg cut the sodium on this hearty soup by swapping taco seasoning for three spices you already have on hand. There's a secret ingredient (garbanzo beans) that helps add fiber and thicken our Taco Soup!