

This Weeks Dinner Menu

- Sunday May 12 – BBQ Chicken, Potatoes on the Grill, Veg
 - Monday May 13 – Salmon, Dill Sauce, Roasted Sweet Potatoes, Veg
 - Tuesday May 14 – Take Out ☐
 - Wednesday May 15 – [Crockpot Kielbasa, Potatoes, Green Beans](#)
 - Thursday May 16 – Meat Loaf, [Mac and Cheese](#), Veg
 - Friday May 17 – Asparagus and Egg Sandwiches, Fries
 - Saturday May 18 – Tacos
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Crockpot Kielbasa, Potatoes and Green Beans

Serves 8, 8 FSP per serving

Adapted from Recipes that Crock

- 2 packages Butterball Turkey Kielbasa ((26 oz) if using another brand, just check points)
- 2 pounds potatoes (peeled and cubed)
- 56 ounces canned green beans (low salt)
- 1 small onion (chopped)
- salt and pepper to taste
- red pepper flakes to taste (optional)

1. For full recipe, use a 6 quart crock pot! This makes a lot! Can easily be halved!
 2. Put potatoes in the bottom of the crock pot
 3. Add onions on top of potatoes
 4. Slice kielbasa and add it to crock pot. Place green beans on top of kielbasa.
 5. Sprinkle with salt, pepper and red pepper flakes
 6. Cover and cook on low for 8 hours
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Chicken Bundles

Serves 6, 6 FSPoints per serving

- 1 cup self rising flour
- 1 cup FF Greek yogurt
- 16 oz. cooked chicken breast (shredded)
- 4 oz. light cream cheese (softened)
- $\frac{1}{2}$ cup reduced fat (shredded, sharp cheese)
- 2 Tbsp half and half
- Salt and pepper to taste
- 1 tsp garlic powder
- Egg (beaten)

1. Mix flour and yogurt until a dough forms. Knead a few

- times. Divide into 6 equal pieces (I weigh mine).
2. Mix remaining ingredients, except egg
 3. Roll out each dough ball and equally divide filling between the dough.
 4. Bring up edges and pinch and seal to form a bundle.
 5. Brush with egg.
 6. Bake on a greased cookie sheet at 325 for about 35 minutes or until golden brown
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Macaroni and Cheese

Serves 6, 8 FSPoints per serving (about 1 cup)

- 2 Tbsp light butter with canola oil
 - 2 Tbsp flour
 - 1 tsp salt
 - 1 tsp dry mustard
 - 2 $\frac{1}{2}$ cups 1% milk
 - 8 oz. Cabot 75% reduced fat cheddar cheese
 - 4 cup COOKED elbow macaroni
 - 3 Tbsp plain bread crumbs
1. Melt butter in a saucepan.
 2. Add flour, salt and mustard, whisk well.
 3. Slowly add milk. Heat, stirring constantly until mixture is smooth and thickens slightly.
 4. Add all but $\frac{1}{4}$ cup of cheese. Stir until melted.
 5. In a 2 quart greased casserole, combine macaroni and

cheese sauce.

6. Mix well
 7. Sprinkle with reserved cheese and breadcrumbs.
 8. Bake at 375 for 20-25 minutes or until browned and bubbly.
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Twice Baked Potatoes

Twice Baked Potatoes

Serves 6, 3 FSP per serving

- 3 baking potatoes, totaling 1 pound
 - 1/2 cup fat free, reduced sodium chicken broth
 - 4 oz Cabot 75% reduced fat cheddar cheese (shredded)
 - 1/3 cup green onions (sliced)
 - 1/4 cup fat free sour cream
 - 1 tsp dijon mustard
 - 1/4 tsp paprika
1. Heat oven to 400. Pierce potatoes in several places with the tip of a sharp knife. Bake 1 1/4 hours or until tender. Immediately cut potatoes in half lengthwise, scoop out the centers leaving a 1/4 inch thick shell.
 2. Beat potato pulp, broth, 1/2 of the cheese, onions, sour cream and mustard with mixer until well blended. Spoon into shells. Top with remaining cheese and paprika.

3. Bake at 400 for 20 minutes.
 4. ***These can be frozen! Freeze before you bake. Thaw and bake at 400 for 20 minutes or until heated through.***
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Instant Pot Cold Start Yogurt

Instant Pot Cold Start Yogurt



Zero point yogurt, made right in your kitchen!

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- 1 57 oz bottle Fat Free Fairlife Milk (MUST BE ULTRA FILTERED/ULTRA PASTEURIZED FOR COLD START)
 - 1 Heaping Tablespoon fat free Greek yogurt
 - 1 Tbsp vanilla extract (optional)
1. Pour milk into Instant Pot. [This is the one I use](#). Add vanilla and yogurt and whisk until frothy. Place lid on, press yogurt button. Set for 8 hours.
 2. When timer goes off, pour yogurt into a mesh sieve lined with coffee filters or cheesecloth. Place in refrigerator. Let strain until desired consistency. If it gets too thick, add some whey back in and stir. Refrigerate. Keeps for 10-14 days in fridge.

Kodiak Sheetpan Pancakes - Lemon Almond Poppyseed

Kodiak Sheetpan Pancakes -Lemon Almond Poppyseed



Cut into 6 servings, 5 Points on All Plans

Cut into 8 servings, 4 Points on all Plans

****There are so many variations you can make with the different flavors of Kodiak, just make sure to check the points of the flavor you are using and adjust accordingly!****

- 3 cups Almond Poppy Seed Kodiak Power Cake mix ((the Pancake mix))
- 2 1/2 cups unsweetened almond milk
- 2 tsp baking powder
- 2 tsp lemon extract

1. Preheat oven to 350. Spray a 15×10 inch cookie sheet with side (jellyroll pan) with non stick spray
2. Mix all ingredients together. Pour in pan.
3. Bake 20 minutes. Serve warm with syrup and a squirt of Redi Whip

Shrimp in Roasted Red Pepper Cream Sauce

Shrimp in Roasted Red Pepper Cream Sauce



Serves 4

3 Points on Blue and Purple

4 Points on Green

- 12 oz jar roasted red peppers packed in water
- 2 oz light cream cheese (Neufchatel (softened))
- 6 oz fat free cream cheese (softened)
- 1/2 cup chicken broth
- 1 Tbsp fresh basil (chopped)
- 3 cloves garlic (minced)
- 1/8-1/4 tsp cayenne pepper (optional)
- 2 pounds large shrimp (cooked and peeled)

1. Place peppers, cream cheese, broth, garlic and cayenne in a blender or food processor. Cover and process until smooth.
2. Pour the mixture into a large skillet. Cook over medium heat for 5 minutes, stirring often, until thoroughly heated.
3. Add the cooked shrimp and heat for 2-3 minutes, stirring occasionally until heated through. Serve over pasta. Garnish with basil.

Sloppy Joes (Instant Pot)

Sloppy Joes (Instant Pot)



Serves 8

2 Points on all plans

For stovetop directions, see below

- 1 pound 96% lean ground beef
- 4 cloves garlic (minced)
- 2/3 cup green bell pepper (chopped)
- 1/2 cup celery (chopped)
- 1/2 cup low sugar ketchup
- 2 tsp brown sugar
- 1 Tbsp tomato paste
- 2 Tbsp prepared mustard
- 1 Tbsp cider vinegar
- 2 Tbsp Worcestershire sauce
- 1/2 Tbsp chili powder
- 1/2 cup beef broth
- 1 Tbsp cornstarch
- 2 Tbsp water

1. Turn Instant Pot to saute function. Here is the IP I use: [6 Quart Instant Pot Duo](#) In a small bowl, mix together ketchup, brown sugar, tomato paste, mustard, vinegar, chili powder, and Worcestershire then set aside.
2. Add ground beef and garlic to Instant Pot. Cook until

almost done. Drain fat from beef.

3. Add celery, peppers and onion to beef in the pot (pot still on saute) and cook for 2 minutes.
4. Turn IP off and add ketchup and beef broth.
5. Cook on high pressure for 7 minutes. When timer goes off, do a controlled quick release.
6. In a small bowl, mix cornstarch and 2 Tbsp water. Turn pot back on to saute and add cornstarch mixture. Cook for 1-2 minutes until sauce becomes thick. Stir and serve on buns. FOR STOVE TOP DIRECTIONS SEE BELOW

To make on Stovetop: Brown ground beef, garlic, celery, peppers and onions in a large skillet. Drain fat. Add ketchup mixture and beef broth. Stir. Cover and cook over low heat about 45 minutes or until veggies are tender. Mix together cornstarch and water, add to meat mixture, cook until thick.

Shrimp Scampi

Shrimp Scampi



Serves 4

4 Points on Blue, Purple

5 Points on Green

Recipe adapted from Smoked n Grilled

- 3 tsp olive oil
- 2 pounds medium raw shrimp, peeled and tails removed

- 6-8 cloves garlic (minced)
- 1 cup low sodium chicken broth
- 1 cup dry white wine
- 1/4 cup fresh lemon juice
- 1/4 cup minced fresh parsley (+ one Tablespoon)
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp cornstarch

1. In a large skillet, heat the oil. Saute the shrimp until just pink, about 2-3 minutes. Add the garlic and cook stirring constantly, about 30 seconds. With a slotted spoon, remove shrimp to a platter and keep warm.
2. In the skillet, combine the broth, wine, lemon juice, 1/4 cup of parsley, salt and pepper; bring to a boil. Boil uncovered for 2 minutes. In the meantime, mix cornstarch with 2 tsp water to make a slurry. Add to sauce and cook and stir until sauce thickens.
3. Add shrimp back into sauce. Serve shrimp and sauce over pasta. Garnish with remaining 1 Tbsp parsley.