



Tuscan Chicken & White Beans

Thaw chicken, brown in pan. Add the beans, and continue to cook for 2 minutes longer, until the chicken is cooked through. Season with salt and pepper.

327 calories, 8 g total fat, less than 2 g saturated fat, 10 g carbs, 7 g fiber, 49 g protein, 220 mg sodium, 118 mg cholesterol WW Plus Points: 7

Date Made/Frozen:



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Date Made/Frozen:



Sausage & Potato Casserole

Bake at 350 for about 45-60 min until casserole is cooked through and cheese is browned.

Cal: 246 Fat: 6g Fiber: 3g Protein: 22g WW points plus: 6

Date Made/Frozen:



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Date Made/Frozen:



Mongolian Beef

Place in crockpot, cover and cook on low for 4-6 hours.

Calories 304, Total Fat 10.2g, Total Carbs 14.3g, Dietary Fiber 0.8g, Protein 33.6g WW Plus Points: 7

Date Made/Frozen:



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