

Produce

- Salad greens (2)
- 2 medium carrots (1)
- 1 onion (1)
- 2 Tbsp. fresh parsley (1)
- 1 lemon, or ¼ c. lemon juice (1)
- 8 c. lightly packed torn romaine lettuce (3)
- ½ c. green bell pepper (4)
- 2 pint grape or cherry tomatoes (3,5)
- Fresh basil (5)
- 4 garlic cloves (5)

Optional garnishes for meal #6:
Onion, tomato, lettuce

Canned/ Packaged

- Bottled reduced-fat vinaigrette (2)
- 1 (10 ¾ oz) can 98% fat-free reduced sodium condensed cream of chicken soup (1)
- 4 (14 ½ oz) cans 100% fat-free chicken (1,5)
- 2/3 c. long grain white rice (1)
- ½ c. reduced-calorie mayonnaise (3)
- 1 tsp. Dijon mustard (3)
- 1 c. plain fat-free croutons (3)
- 1 32 oz. box reduced-sodium chicken broth (4)
- 2 c. Mashed potato flakes (3,4)
- 8 oz. Spinach noodles (5)
- ½ c. fat-free salsa verde (6)
- 4 light English muffins (6)

Spice/Staples

- Black Pepper (1,2,3,4,5)
- ½ tsp. basil (2)
- Olive oil (2,5)
- Salt (4,5,6)
- 1 tsp. sugar (5)
- 1 ½ tsp. chili powder (6)

Refrigerator

- ½ c. + one container crumbled feta cheese (2,5)
- 2 tbsp. (1 oz.) fat-free cream cheese (2)
- 1 Tbsp. lemon juice (3)
- 1 c. milk (4)
- 4 thin slices Swiss cheese (6)

Freezer

- 1 ½ c. kernel corn (4)

Meat

- 4 skinless, boneless chicken breast halves (2)
- 2 lbs. skinless, boneless chicken breast halves (1,4)
- 1 lb. ground lean beef, 7% fat or less (6)
- 6 slices turkey bacon (3)
- 2 c. cubed cooked skinless turkey breast (3)

Misc.

This week's Meal Plan

1 Greek Lemon Chicken Soup

2 Feta-Stuffed Chicken Breasts

3 Turkey Club Salad

4 Chicken and Corn Chowder

5 Spinach Pasta in tomato sauce

6 Southwestern Green Chile Cheeseburgers