

Produce

- 4 medium stalks celery (1)
- 4 medium carrots (1,6)
- 2 medium red apples such as Fuji (1)
- 15 green onions with tops (1,2,5,6)
- 6 cups chopped romaine lettuce (1)
- 2 large tomatoes (2,5)
- 1 cup snipped fresh parsley (2)
- 2 Tbsp snipped fresh mint (optional) (2)
- 1-2 lemons (2)
- 1 medium onion (3)
- 10 garlic cloves (3,4,6)
- 1 jalapeño pepper (4)
- 1 cup fresh cilantro leaves (4)
- 1 medium ripe avocado (5)
- 6-12 large lettuce leaves (5)
- 1 pkg (4 ounces) salad sprouts (5)
- 2 large plum tomatoes (6)
- 1/4 c. snipped fresh basil leaves (6)

Freezer

- 1 1/2 cups frozen peas (3)
- 1 bag (12 oz) frozen Southwestern corn blend (4)

Canned/ Packaged

- 4 cups corn flake cereal (1)
- 1/4 cup honey (1)
- 1/4 cup Dijon mustard (1)
- 1 Tbsp cider vinegar (1)
- 1/4 cup toasted pecan halves, coarsely chopped (optional) (1)
- 1 cup uncooked bulgur wheat (2)
- 1 pkg. (14.5 oz) uncooked multigrain bow-tie pasta (3)
- 1 carton (32 oz) unsalted chicken stock (3)
- 3 cups unsalted chicken stock (4)
- 1 can (12 oz) +1/2 c. fat-free evaporated milk (3,6)
- 5 (6-in) corn tortillas (4)
- 2 cans (14.5 oz each) fire-roasted diced tomatoes (4)
- 1/2 tsp lemon juice (5)
- 6 (8-inch) fat-free flour tortillas (5)
- 8 oz. linguine (6)

Spice/Staples

- salt and coarsely ground black pepper (1,5,6)
- 2 1/2 tbsp canola oil (1)
- 2 Tbsp.+1 tsp. olive oil (2,6)
- 1/2 tsp. salt (2)
- 1 teaspoon lemon pepper seasoning (2)
- 1/2 tsp crushed red pepper flakes (optional) (3)
- 2 tbsp ground cumin (4)
- 1 tsp black pepper (4)

Meat

- 8 boneless, skinless chicken breasts (1,2)
- 6 oz, turkey bacon (3)
- 3 c. diced cooked chicken (4)
- 8 oz thinly sliced reduced-fat deli smoked turkey (5)
- 3/4 lb uncooked medium shrimp (about 20-30) (6)

Refrigerator

- 1/2 c. plain Greek yogurt (1)
- 1 c. fresh Parmesan cheese (3)
- 4 oz reduced-fat cream cheese (Neufchâtel) (3)
- 3 oz Monterey Jack cheese (3/4 cup) (4)
- 3/4 c. + 1 Tbsp reduced-fat sour cream (5,6)
- 6 Tbsp shredded reduced-fat cheddar cheese (5)

This week's Meal Plan

1

Southern-Fried Chicken Salad

2

Grilled Lemon Chicken with Tabbouleh

3

Easy Pasta Carbonara

4

Hearty Chicken Quesadilla Soup

5

California Wraps

6

Shrimp and Linguine