

Produce

- 8 c. lightly packed torn romaine lettuce (1)
- 10 cherry tomatoes (1)
- 6 thin slices red onion (opt.) (2)
- 1 tomato (opt.) (2)
- 6 lettuce leaves(opt.) (2)
- 1 c. carrots (3)
- 2-1/3 c. onions (3,5,6)
- 1/2 c. celery (3)
- 2 T. fresh parsley (3)
- 1 clove garlic (6)
- 1/2c. fresh (or frozen) corn (6)
- 3/4 c. tomatoes
- 2-3 green onions (6)

Misc.

Canned/ Packaged

- 5 Tbsp. lemon juice, or 1 lemon (1,4)
- 1 t. Dijon mustard
- 1 c. plain fat-free croutons (1)
- 1/2 c. fat-free salsa verde (2)
- 6 light English muffins (2)
- 1 can (46 oz.) chicken broth (3)
- 2/3 c. Panko bread crumbs (3)
- 1 t. Tabasco sauce (4)
- 1-1/3 c. pizza or pasta sauce (5)
- 1 (15 oz.) can black beans (6)
- 1 (4 oz.) can Fire-roasted Diced green chiles (6)
- 8 (6-inch) Mission Yellow corn tortillas, extra thin (6)
- 1 (10 oz. can enchiliada sauce (6)
- 1/2 c. reduced-calorie mayo (1)

Spice/Staples

- Black Pepper (1,3,4)
- 2 1/2 t. chili powder (2,6)
- Salt (2,4)
- 1/2 t. dried thyme leaves (3)
- 1 bay leaf (3)
- 4 T. honey (4)
- 4 t. flour (4)
- 4 t. EVOO (4)
- 1/2 t. ground cumin (6)
- 1/4 t. garlic powder (6)

Meat

- 6 slices turkey bacon (1)
- 2 c. cubed cooked skinless turkey breast (1)
- 1 lb. ground lean beef (7% fat or less) (2)
- 8 oz. (1/2 lb.) extra lean ground beef or turkey (6)
- 2 lb. boneless, skinless chicken breast (3,5)
- 4 pieces tilapia (5 oz. each) (4)
- 8 slices Hormel's 70% less fat pepperoni (5)

Refrigerator

- 1/4 c. fat-free half-and-half (1)
- 6 (1/2 oz.) slices thin sliced Swiss cheese (2)
- 1 c. cheese filled tortellini (3)
- 1 c. reduced-fat mozzarella cheese, shredded (5)
- 1 c. fat-free sour cream (6)
- 1/4 c. fat-free cottage cheese (6)
- 1/2 c. shredded reduced-fat cheddar cheese (6)

This week's Meal Plan

1 Turkey Club Salad w/
Creamy Pep. Dressing

2 Southwest Green Chile
Cheeseburgers

3 Tortellini Chicken Soup

4 Sweet, Lemony Tilapia

5 Skinny Pepperoni Pizza
Chicken

6 Beef and Bean Enchilada
Casserole