

Produce

- 20 basil leaves (1,4)
- 4 medium carrots (2,3)
- 2 onions (2,5)
- Fresh parsley (2)
- 1 garlic clove (2)
- ½ c. diced zucchini (3)
- ½ c. diced yellow onion (3)
- 2 Tbsp. cilantro (3)
- 1 lime (3)
- 1 avocado (3)
- 1 tomato (3)
- 1 red onion (3)
- ¼ romaine heart (3)
- Salad greens (4)

Misc.

Canned/ Packaged

- 2/3 c. whole wheat panko (Japanese bread crumbs)(1)
- 1 c. fat-free marinara sauce (1)
- 1 Tbsp. grated Parmesan cheese (1)
- 1 (10 ¾ oz) can 98% fat-free reduced sodium condensed cream of chicken soup (2)
- 4 (14 ½ oz) cans 100% fat-free reduced sodium chicken broth (1,6)
- 2/3 c. uncooked long-grain white rice (2)
- 2 Tbsp. Barbecue Sauce (3)
- 2 c. Quick Oats (3)
- 2 Tbsp Original Applesauce(3)
- 3 (15.5-oz.) cans Black Beans (3)
- 16 slices 100% Whole Wheat Wide Pan Bread (3)
- 1 Tbsp. Spaghetti sauce (4)
- Bottled reduced-fat vinaigrette (4)
- 2 cans (14.5 oz each) kidney beans (5)
- 1 (8 oz.) can tomato sauce(5)
- 1 packet of chili seasoning (5)
- 2 c.fat-free salsa (5)
- 1 ½ Dijon mustard (6)

Spice/Staples

- ¼ c. lemon juice (2)
- Salt (1,3,6)
- Pepper (2,3,4,6)
- Cooking spray (3,6)
- 1 tsp. vegetable oil (3)
- 2 Tbsp. ketchup (3)
- 1 tsp. Italian Seasoning (3)
- ½ tsp. Garlic Powder (3)
- ½ tsp. Onion Powder (3)
- ¾ tsp. Ground Cumin (3)
- ¾ tsp. Paprika (3)
- ¾ tsp. Chili Powder (3)
- Olive oil (4)

Meat

- 8 (5 oz.) skinless boneless chicken breasts (1,4)
- 2 c. chopped, cooked chicken (2)
- 1 lb. 90% lean ground beef (5)
- 4 (4 oz.) boneless center-cut pork loin chops, ½ inch thick (6)

Refrigerator

- ¾ c. low-fat buttermilk (1)
- 1 large egg white (1)
- 4 (1/2 oz.) slices part-skim mozzarella cheese (1)
- ½ cup Nonfat Greek Yogurt (3)
- ¼ c. crumbled feta cheese, 1 oz. (4)
- 2 Tbsp. fat-free cream cheese, 1 oz. (4)
- 1/3 c. fat-free half-and-half or evaporated milk (6)

This week's Meal Plan

1

Easy Chicken Parmesan w/ Basil

2

Greek Lemon Chicken Rice Soup

3

Black Bean Burgers

4

Feta Stuffed Chicken

5

Slow Cooker Chili

6

Pork Chops with Dijon Mustard