

Produce

- Juice of ½ of a lemon (1)
- 4 Roma tomatoes, chopped (2)
- 6 c. chopped Romaine lettuce (2)
- 4 oz. (1 medium) hass avocado, diced (2)
- ¼ c. chopped fresh parsley (3)
- 9 garlic cloves +1 T. minced garlic (3,4,5,6)
- 1 eggplant (3)
- 2 T. chopped fresh basil (3)
- 1 fresh pineapple (4)
- 1 jalapeno pepper (4)
- 2 T. red onion (4)
- 1 T. fresh cilantro (4)
- 4 c. broccoli florets(5)
- 4 medium scallions (5)
- ½ t. fresh ginger (5)
- 1 large white onion, finely chopped (6)
- 4 c. chopped green cabbage (6)

Canned/ Packaged

- 2/3 c. panko bread crumbs (1)
- ½ c. crushed cornflake crumbs (1)
- 2 T. grated Parmesan cheese (1)
- ¼ c. light mayonnaise (Hellman's) (2)
- ½ c. grated Pecorino Romano Cheese (3)
- 3 ½ c. canned crushed tomatoes (3)
- 12 oz. penne rigate pasta, wheat or gluten-free (3)
- ½ c. pineapple juice (4)
- 6 T. + 6 t. reduced-sodium (or tamari for gluten-free) (4,5)
- 2 t. rice wine (5)
- 1 T. oyster sauce, read label for gluten-free (5)
- 2 (14.5 oz) cans petite diced tomatoes (6)
- 1 (8 oz) can tomato sauce (6)
- 5 c. Swanson unsalted cooking beef stock (read label for gluten-free) (6)
- 1 c. cooked brown rice (6)

Spice/Staples

- Kosher Salt (1,2,3,4,5,6)
- Sweet Paprika (1,6)
- ½ t. poultry seasoning (1)
- ¾ t. garlic powder (1)
- 1/8 t. freshly ground pepper (1,2,3,6)
- 1 t. dried parsley flakes (1)
- ½ t. onion powder (1)
- ¼ t. chili powder (1)
- Cooking spray or Oil Mister (1, 3,4)
- Olive oil (3)
- 8 t. sesame oil (4,5)
- 3 t. cornstarch (4,5)
- 4 T. dark brown sugar (4,5)
- ½ t. dried thyme (6)

Meat

- 8 chicken drumsticks (about 3.5 oz. each) (1)
- 12 slices lean center cut bacon, cooked and chopped (2)
- 1 lb. sirloin steak (5)
- 5 boneless pork loin chops, 4 oz. each (4)
- 1 lb. 93% lean ground beef (6)

Refrigerator

- 1 c. buttermilk (1)
- 1 c. (8 oz) fat-free ricotta cheese (3)
- 2 c. (8 oz) shredded part-skim mozzarella cheese (3)

This week's Meal Plan

- 1** Buttermilk Oven "Fried" Chicken
- 2** BLT salad with Avocado
- 3** Cheesy Baked Penne with Eggplant
- 4** Teriyaki-Glazed Pork Chops w/Pineapple Salsa
- 5** Mongolian Beef and Broccoli
- 6** "Un"stuffed Cabbage Soup