

## Produce

- Chopped fresh parsley (1)
- 1 t. minced garlic (2)
- 4 c. chopped romaine lettuce (3)
- 3 celery stalks (3,5)
- 1 ½ c. shredded carrots + 2 medium carrots (3,5)
- 1 medium onion (5)
- 2 medium potatoes (5)
- ½ c. red pepper (5)
- 2 bay leaves (5)
- 6 sprigs thyme (5)
- ½ a medium tomato (6)
- 1 – 1 ½ c. shredded lettuce (6)

## Meat

- 4 thin Boneless, skinless chicken cutlets 4 oz. each (1)
- 3 lb. + 12 oz. boneless skinless chicken breasts (2,3,4)
- 4 slices low-sodium deli ham (3 oz. total) (1)
- 1 lb. lean beef stew meat, cubed (5)
- 1 lb. 95% lean ground beef (6)

## Canned/ Packaged

- 2/3 c. reduced-sodium chicken broth (1)
- 1 T. lemon juice (1)
- ½ T. Dijon mustard (1)
- ¾ c. low-sodium soy sauce (2)
- 1 c. canned pineapple tidbits or chunks (2)
- 3 c. cooked brown rice (2)
- 12 oz. dry wheat pasta (i.e. Farfalle) (3)
- 1/3 c. light blue cheese dressing (i.e. Marzetti Light) (3)
- 1/3 c. Buffalo wing sauce (3)
- 1/3 c. dry whole wheat bread crumbs (4)
- 1 c. lower-sodium pasta sauce (4)
- 1 c. red wine (opt. non-alcoholic wine or vege. Broth) (5)
- 2 c. beef broth, fat-free and low-sodium (5)
- 1 (14 oz.) can fire-roasted diced tomatoes (5)
- 1 T. McCormick Hamburger seasoning (6)
- 2 T. ketchup (6)
- 2 t. yellow mustard (6)
- 2 T. Hormel Real bacon bits (6)
- 4 light original Flatouts (6)

## Spice/Staples

- ½ t. kosher salt (1)
- ¾ c. all purpose flour (1,5)
- 2 T. + 2 ½ t. olive oil (1,2,5)
- 1/3 c. brown sugar (2)
- 1 T. honey (2)
- ¾ t. ground ginger (2)
- 2 T. corn starch (2)
- 1 t. salt (5)
- ½ t. black pepper (5)

## Refrigerator

- ½ t. butter (1)
- 4 slices light Swiss cheese, such as Alpine Lace (3 oz. total) (1)
- ½ c. plain fat-free Greek yogurt (3)
- 2 oz. crumbled blue cheese (3)
- ½ c. Philadelphia 95% Fat-free cream cheese (4)
- ¾ c. Cracker Barrel shredded part-skim mozzarella cheese (4)
- 6 T. Parmesan Light grated cheese (4)
- 1 egg white (4)
- 4 Laughing Cow Light Queso Fresco & Chipotle Wedges (6)
- 1/3 c. 2% shredded sharp cheddar cheese (6)

## Frozen

- 32 oz. mixed vegetables (look for un-sauced stir fry or Asian varieties) (2)
- 1 pkg. (10.5 oz.) chopped spinach (4)

## This week's Meal Plan

1

Skillet Chicken Cordon Bleu

2

Teriyaki Chicken and Rice Casserole

3

Buffalo Chicken Pasta Salad

4

Chicken Parmesan Bundles

5

Crock Pot Low-Fat Beef Stew

6

Bacon Cheeseburger Wraps