

Produce

- 3 c. chopped onion (1,3,6)
- 1 green or red pepper (1)
- 1 c. chopped fresh mushrooms (1)
- 9 cloves garlic (1,4,5)
- ½ c. fresh basil (1)
- ½ c. finely chopped celery (3)
- ¼ c. shredded carrots (3)
- 1 c. baby carrots (4)
- 4 medium red potatoes (4)
- 2 sprigs fresh thyme or 1 t. dried thyme (4)
- ¼ c. chopped fresh parsley (4)

Meat

- 1 lb. Italian turkey or chicken sausage (1)
- 6 boneless, skinless chicken breasts (5-6 oz., about 2 lbs.) (2)
- 1 ½ lb. extra-lean ground beef (3)
- 2 lb. lean stew beef (4)
- 4 pork chops, about 1-inch thick, 5 oz. each (5)
- 1 lb. lean ground beef, at least 93% lean (6)

Canned/ Packaged

- 4 ¼ c. low-sodium chicken broth (1,5)
- 1 can (14-15 oz.) + 1 can (4 oz.) tomato sauce (1,4)
- 1 can (14-15 oz.) petite diced tomatoes (1)
- 3 oz. whole-wheat lasagna noodles, about 3-4 noodles (1)
- 3 T. grated Parmesan cheese (1)
- 2 pkgs. Chicken gravy mix (like McCormick) (2)
- 1 can (10 ¾ oz.) low-fat, low-sodium cream of chicken soup (2)
- ½ c. quick cooking oats (3)
- ½ c. ketchup or chili sauce (3)
- 1 ½ c. beef broth (4)
- 2 cans (about 15 oz. each) cut green beans (4)
- ¼ c. reduced-sodium soy sauce (5)
- 1 T. instant tapioca (5)
- 1 can (14-15 oz.) Mexican-style diced tomatoes (6)
- 1 can (10 oz.) tomatoes with chiles (6)
- 2 cans (14-15 oz. each) beans (6)
- 1 can (11-16 oz.) corn (6)
- 1 pkg. (1.25 oz.) reduced-sodium taco seasoning (6)
- 1 pkg. (1 oz.) ranch dressing mix (6)

Spice/Staples

- Salt (1,3,4,5)
- ½ t. crushed red pepper (1,5)
- Fresh ground pepper (2,3,4,5)
- 1 T. garlic powder (3)
- 1 t. dried thyme (3)
- 1/3 c. all-purpose flour (4)
- 2 T. light brown sugar (5)

Optional for Taco Soup

- Chopped avocado, light sour cream, reduced-fat shredded cheese, pico de gallo, salsa, fresh cilantro, or tortilla chips (6)

Frozen

- 2 c. corn kernels (4)

Refrigerator

- ½ c. reduced-fat shredded mozzarella cheese (1)
- 1 large egg (3)

This week's Meal Plan

1 Lasagna Soup

2 Chicken and Gravy

3 Homestyle Meatloaf

4 Hearty Beef Stew

5 Mel's Pork Chops

6 Taco Soup