meal planning MOMMIES

Weight Watcher Friendly Grocery List
Week of April 24-30

Produce

- ☐ 1 c. + 2 tbsp. loosely packed fresh parsley(1,6)
- ☐ 1 lemon (1)
- ☐ ½ c. plain hummus (1)
- ☐ 4 large green bell peppers (1,2)
- ☐ 1 medium red onion (1)
- ☐ 1 pkg. (5 cups) mixed baby spinach, chard, and kale greens (1)
- ☐ 2 c. chopped red bell pepper (2)
- ☐ 3 medium onions (2,3,6)
- ☐ 10 garlic cloves (2,3,5,6)
- ☐ 1 large yellow bell pepper (3)
- ☐ 2 medium zucchini (3)
- ☐ 2 medium onion (3,6)
- ☐ 1 pkg. (8 oz.) sliced fresh mushrooms (3)
- ☐ 1 head cauliflower (about 2 lbs.) (4)
- ☐ ¼ c. green onions (5)
- ☐ 2 tbsp. fresh cilantro (5)
- ☐ 1 T. fresh lime juice (5)
- ☐ 2 c. broccoli slaw mix(5)
- ☐ 1 avocado (5)
- ☐ 2 c. broccoli slaw mix(5)
- ☐ 3 medium radishes (5)
- ☐ Optional: additional fresh cilantro (5)
- ☐ 2 medium carrots (6)
- ☐ 2 celery stalks (6)

Meat

- ☐ 1 lb. chicken tenders (1)
- ☐ 1 lb. tilapia fish fillets (5)
- ☐ ¾ lb. boneless, skinless chicken breasts (6)

Canned/ Packaged

- ☐ 1 (15 oz.) can unsalted cannellini beans (1)
- ☐ 1 jar (7.5 oz) marinated artichoke heart quarters (1)
- ☐ 3 cans (14.5 oz) diced tomatoes (2,3)
- ☐ 1 can (15.5 oz) mild chili beans in sauce (2)
- ☐ 1 can (15.5 oz) pinto beans(2)
- ☐ 1 can (15 oz.) black beans (2)
- ☐ 1 can (7 oz.) whole kernel corn (2)
- ☐ 1 jar (7 oz.) roasted red bell peppers (3)
- ☐ 8 no-boil lasagna noodles(3)
- ☐ ¼ c. pizza sauce (4)
- ☐ 8 (6 inch) corn tortillas (5)
- ☐ 2 pkg. (2.8 oz. each) chicken flavored ramen noodle soup (6)

Spice/Staples

- ☐ Salt (1,3,4,6)
- ☐ Black pepper (1)
- ☐ Canola oil (1)
- ☐ 2 tbsp. Greek rub (1)
- ☐ Vegetable oil (2,5)
- ☐ 1 tbsp. chili powder (2)
- ☐ 3/4 tsp. ground cumin (2)
- ☐ Olive oil (3)
- ☐ 3 tbsp. sweet basil rub (3)
- ☐ ½ tsp. dried oregano leaves (4)
- ☐ 1 tsp. sugar (5)
- ☐ 1 T. + ½ t. Cajun or blackened fish seasoning (5)

Frozen

- ☐ 1 pkg. (10 oz.) frozen chopped spinach (3)

Misc.

Refrigerator

- ☐ Optional: shredded cheddar, sour cream (2)
- ☐ 1 container (15 oz.) part-skim ricotta cheese (3)
- ☐ 2 c. (8 oz.) shredded Italian cheese blend (3)
- ☐ 2 eggs (3,4)
- ☐ 1 c. (4 oz.) shredded Parmesan cheese (4)
- ☐ ½ c. (2 oz.) shredded mozzarella cheese (4)

This week's Meal Plan

1. Mediterranean Salad with Hummus Dressing
2. Three Bean Vegetarian Chili
3. Fresh Vegetable Lasagna Bake
4. Cauliflower Pizza
5. Blackened Fish Tacos
6. Chicken Riddle Soup