

Produce

- 1 lime (1)
- 2 onions (2,4)
- 9 garlic cloves (2,3,4)
- 2 c. baby spinach (2)
- ¼ c. + 1 t. chopped fresh basil (2,4)
- 2 t. chopped fresh oregano (2)
- 1 red bell pepper (4)
- 1 (8 oz.) pkg. sliced mushrooms (4)
- 8 c. mixed greens (5)
- 1 c. cherry tomatoes (5)
- 1 avocado (5)
- 4 green onions (5)
- 1 tomato (6)

Meat

- 1 lb. top sirloin (1)
- 18 oz. sweet or hot turkey Italian sausage (2,4)
- 1 lb. large shrimp, peeled and deveined (3)
- 1 ½ lb. skinless, boneless chicken breasts (5)
- 1 bacon slice (5)
- 8 oz. Deli sliced turkey breast (6)

Canned/ Packaged

- 2 T. hoisin sauce (1)
- 1 T. apricot preserves (1)
- 1 (15 oz.) can cannellini beans (2)
- 1 (14.5 oz) can stewed tomatoes (2)
- 2 (14 oz.) can fat-free, less-sodium chicken broth (2,4)
- 2 T. grated Parmesan cheese (2)
- 1 ½ T. Dijon mustard (3)
- 1 T. honey (3)
- 2 T. lemon juice (3)
- 1 c. quick-cooking barley (4)
- 2 T. Madeira Wine (4)
- 1/3 c. fat-free Italian dressing (5)
- 2 t. fat-free mayonnaise (6)
- 4 t. basil pesto (6)
- 8 low calorie slices of sourdough bread, such as healthy life brand (6)

Spice/Staples

- 1/8 t. crushed red pepper (1)
- Cooking spray (2,4,5,6)
- 1 t. olive oil (4)
- black pepper (4,5)
- salt (5)

Misc.

Refrigerator

- 2 T. crumbled blue cheese (5)
- 4 slices reduced-fat provolone cheese (6)

This week's Meal Plan

1 Hoisin Grilled Steak

2 Sausage and Spinach soup

3 Dijon-Garlic Shrimp

4 Barley Sausage Skillet

5 Chicken Cobb Salad

6 Turkey and Cheese Pesto Panini