

## Produce

- 1 head of cauliflower (about 2 pounds) (1)
- 3 cloves garlic (1)
- 1 medium sweet yellow pepper (2)
- 1 medium sweet red pepper (2)
- 2 onions (2,5)
- 5-8 c. torn romaine (2)
- 5 oz. baby spinach (5)
- 1/3 c. chopped fresh mushrooms (optional) (6)

## Canned/ Packaged

- 2 c. spaghetti sauce (1)
- 1 1/2 c. salsa (2)
- 10 tortilla chips (2)
- 1/2 + 1/3 c. Italian breadcrumbs (3,6)
- 1/4 c. Parmesan cheese (3)
- 1-2 t. Southwestern Seasoning (4)
- 2 T. tomato paste (6)
- 5 light English muffins (6)
- 5 T. pizza sauce (6)

## Spice/Staples

- Olive oil (1,5)
- 2 t. chili powder (2)
- 1 t. ground cumin (2)
- Salt (4,5,6)
- Pepper (4,5,6)

## Frozen

- 1 (12 oz.) bag Green Giant Fire Roasted corn blend, peppers, and onions

## Refrigerator

- 6 slices provolone cheese (1)
- 5 T. shredded cheddar cheese (2)
- 2 oz. crumbled feta cheese (5)
- 5 slices reduced fat or thin sliced provolone cheese (6)

## Meat

- 2 lb. 95% lean ground beef (1,6)
- 1 lb. 99% fat-free ground turkey (2)
- 1 lb. tilapia fillets (3)
- 1 lb. skinless, boneless chicken breasts (4)
- 4 (6 oz) skinless, boneless chicken breasts (5)
- 12 slices turkey pepperoni (6)

## Misc.

## This week's Meal Plan

**1** Cheesy Italian  
Cauliflower Bake

**2** Turkey Taco Salad

**3** Easy Baked Tilapia

**4** Grilled Chicken with Fire  
Roasted Veggies

**5** Spinach and Feta Stuffed  
Chicken

**6** Pizza Burgers