

Produce

- 2 small heads of cauliflower (1)
- 4 green onions (1)
- 8 cloves garlic (1,4)
- 2 c. broccoli florets (2)
- 13 oz. sliced mushrooms (2,4)
- 2 t. minced fresh ginger (2)
- 1 gala apple (3)
- 1 c. arugula (3)
- 10 medium asparagus (4)
- 2 red bell peppers (4)
- 1 red onion (4)
- ½ c. carrots (4)
- 1 ½ T. fresh rosemary (4)
- 2 leaves fresh sage (4)
- 1 c. lettuce, shredded (5)
- 2 large tomatoes (5,6)
- 1 small onion (6)
- 1 rib celery (6)
- 3 t. parsley or basil (6)

Meat

- 1 lb. boneless, skinless chicken breast (2)
- 6 oz. turkey breast (3)
- 8 (4 oz) boneless skinless chicken thighs (4)
- 4 boneless, skinless chicken breasts (5)

Canned/ Packaged

- 7 T. gluten-free Tamari or soy sauce (1,5)
- ¼ c. oyster sauce (2)
- ¼ c. low sodium chicken broth or water (2)
- 6 t. stone ground mustard (3)
- 4 whole wheat sandwich thins (3)
- ¼ c. + 1 T. balsamic vinegar (4)
- ¼ c. pineapple juice (5)
- ¼ t. liquid smoke flavoring (5)
- 2 T. Dijon mustard (5)
- 2 T. honey (5)
- 1 T. fat-free mayonnaise (5)
- 4 whole wheat hamburger buns (5)
- 1 c. canned white beans (6)
- 1 c. canned black beans (6)

Frozen

- 1 c. mixed vegetables(1)

Spice/Staples

- Sesame oil (1,2)
- Vegetable oil (2)
- 1 ½ t. sugar (2,4)
- 1 t. cornstarch (2)
- Salt and pepper (2,4,5,6)
- Kosher salt (4)
- Cooking spray (4)
- 2 T. EVOO (4)
- ½ T. dried oregano or thyme (4)
- ¼ t. onion powder (5)
- 1 dash garlic powder (5)
- 1 t. vinegar (5)
- 2 T. white wine vinegar or red wine vinegar (6)

Misc.

Refrigerator

- 4 eggs (1)
- 6 t. plain, nonfat Greek yogurt (3)
- 2 oz. thinly sliced cheddar cheese (3)

This week's Meal Plan

1

Cauliflower Fried Rice

2

Chicken and Broccoli Stir Fry

3

Turkey Panini with Apple, cheddar, and arugula

4

Balsamic Chicken with roasted vegetables

5

Copycat Chili's guiltless chicken sandwiches

6

Black and White Summer Salad