

Produce

- 1 T. fresh ginger, minced (1)
- 4 garlic cloves, minced (1,3)
- 1 mango, chopped (1)
- ¼ c. red onion, chopped (1)
- ¼ c. cilantro, chopped (1)
- 1 lime, juice only (1)
- 2 onions, sliced (2)
- 1 green bell pepper (2)
- 1 red bell pepper (2)
- 2 c. chopped fresh spinach (3)
- 2 green onions (4)
- 1 large head Iceberg lettuce (or romaine) (6)
- 1 large avocado (6)
- 2 large Roma tomatoes (6)

Meat

- 2.5 lb. boneless skinless chicken breast (1,2)
- 2 lb. 95% lean ground beef (3,4)
- 4 – 4 oz. Tilapia fillets (5)
- 8 slices Organic deli turkey (6)
- 4 slices Center cut bacon, cooked (6)

Canned/ Packaged

- ¼ c. low-sodium soy sauce (1)
- 1 T. Sesame oil (1)
- ¼ c. fat-free Italian dressing (2)
- 8 small flour tortillas, optional (2)
- 1 c. penne pasta (3)
- 1 can (6 oz.) tomato paste (3)
- 1 can (14.5 oz.) diced tomatoes (3)
- 1 t. Worcestershire sauce (3)
- ¾ c. Picante Sauce (4)
- ½ c. barbecue sauce (4)
- 5 hamburger buns (4)
- ½ c. Fiber One (or All Bran) cereal (5)
- ¼ c. Parmesan cheese (5)
- 4 T. Hummus of choice (6)

Spice/Staples

- Black Pepper (1,3,5,6)
- Chili Powder (2)
- 2 ½ t. Italian seasoning (3,5)
- Salt (3,5,6)
- ½ t. onion powder (5)
- ½ t. garlic powder (5)
- Nonstick cooking spray (5)

Misc.

Refrigerator

- 2 T. orange juice (1)
- ¾ c. shredded part-skim mozzarella cheese (3)

This week's Meal Plan

1 Grilled Soy Ginger
Chicken w/ Mango Salsa

2 Chicken Fajitas

3 Hearty Penne Beef

4 Sloppy Joes

5 Crispy Baked Parmesan
Cruusted Tilapia

6 BLT Turkey Lettuce Wrap