

Produce

- ☐ 8 oz. mushrooms, sliced (2)
- ☐ 1 ¼ c. onion, minced (2,4)
- ☐ ½ c. carrots, chopped (3)
- ☐ ½ c. celery, chopped (3)
- ☐ 10 green onion (3,4)
- ☐ 2 c. diced peppers- red, orange, and yellow (4)
- ☐ 1 garlic clove (6)

Canned/ Packaged

- ☐ 6 T. grated Parmesan cheese (1,6)
- ☐ T. dried seasoned Italian breadcrumbs (1)
- ☐ 2 T. dry sherry or white wine (2)
- ☐ 1 jar (12 oz.) fat-free beef gravy (2)
- ☐ 7 c. fat-free chicken broth (3,6)
- ☐ 1 c. thin spaghetti (3)
- ☐ Taco seasoning packet (4)
- ☐ 1 1/3 c. salsa (4)
- ☐ 4 everything flat-out fold it breads (5)
- ☐ 2 T. ranch dressing (5)
- ☐ 1 can (284 ml) low-fat cream of chicken soup (6)
- ☐ ¾ c. light alfredo sauce (6)

***You will need a little over 3 pounds of chicken total. (One pound is 16 oz.) For accuracy, this grocery list wording reflects the wording that is on each recipe.

Spice/Staples

- ☐ paprika (1,5)
- ☐ 1 ¼ t. dried parsley (1,3)
- ☐ ¾ t. garlic powder (1,2)
- ☐ Black pepper (1,2,3,5)
- ☐ Kosher salt (2,3,5)
- ☐ 1 ¼ t. dried thyme (2,3)

Misc.

Meat*

- ☐ 4 boneless chicken breast, about 1 pound (1)*
- ☐ 2 lb. extra lean ground beef (2,4)
- ☐ 8 oz. chicken breast, cut into bite-sized pieces (3)*
- ☐ 8 oz. deli ham (5)
- ☐ 10 oz. cooked shredded chicken (6)*
- ☐ 6 slices cooked bacon- i.e. Oscar Mayer center cut (6)

Refrigerator

- ☐ 1 (7.5 oz.) pkg. Pillsbury biscuits (4)
- ☐ 1 c. light shredded cheese - i.e. WW Mexican blend (4)
- ☐ Fat-free sour cream, optional (4)
- ☐ 2 eggs (5)
- ☐ 2 egg whites (5)
- ☐ 1 T. milk (5)
- ☐ ½ c. shredded asiago cheese (5)
- ☐ 1 c. almond milk (6)

This week's Meal Plan

1 Parmesan Chicken Cutlets

2 Quick and Easy Salisbury Steak

3 Quick Chicken Noodle Soup

4 Taco Fiesta Bubble Up Casserole

5 Monte Cristo Flatout Sandwiches

6 Creamy Chicken and Bacon Alfredo Soup