

Produce

- 3 onions (2,5,6)
- 6 small garlic cloves (2,5,6)
- 2 c. lightly packed thinly sliced romaine lettuce (2)
- 1 large tomato (2)
- 14 basil leaves (3,5)
- 2 red bell peppers (4,6)
- 1 mango (4)
- 1 small red onion (4)
- 1 pkg. (6 oz.) fresh baby spinach leaves + 2 cups baby spinach (4,5)
- 2 t. chopped fresh oregano (5)
- 2 medium potatoes (6)
- 2 medium carrots (6)
- 2 celery stalks (6)
- 2 bay leaves (6)
- 2 sprigs thyme (6)

Canned/ Packaged

- 8 t. Ken's Steak House honey teriyaki marinade and sauce ("Masterpiece Marinade") (1)
- 4 slices canned pineapple in juice (1)
- ¼ c. barbecue sauce (2)
- 1 ½ t. hot pepper sauce (2)
- ¼ c. plain dried bread crumbs (2)
- 4 light hamburger buns (2)
- 2/3 c. whole wheat panko (Japanese bread crumbs) (3)
- 1 c. fat-free marinara sauce (3)
- 3 T. grated Parmesan cheese (3,5)
- 3 T. apricot preserves (4)
- 2 T. cider vinegar (4)
- ¼ c. sliced almonds (4)
- 1 (15 oz.) can cannellini beans (5)
- 1 (14.5 oz.) can stewed tomatoes (5)
- 1 (14 oz.) can fat-free less sodium chicken broth (5)
- 1 c. red wine (opt. non-alcoholic wine or vegetable broth) (6)
- 2 c. beef broth, fat-free and low-sodium (6)
- 1 (14 oz.) can fire-roasted diced tomatoes (6)

Spice/Staples

- Olive Oil cooking spray (1,5)
- 1 t. garlic powder (1)
- Salt (1,2,3,4,6)
- Pepper (1,4,6)
- 2 T. + 2 t. Olive oil (4,6)
- 2 T. sugar (4)
- 2 T. flour (6)

Meat

- 4 (4 oz.) trimmed boneless pork loin chops (1)
- 1 lb. ground skinless chicken breast (2)
- 4 (5 oz.) skinless boneless chicken breasts (3)
- 8 oz. (98% fat-free) deli roast turkey breast (4)
- 10 oz. sweet turkey Italian sausage (5)
- 1 lb. lean beef stew meat, cubed (6)

Refrigerator

- 2 T. crumbled blue cheese (2)
- ¾ c. low-fat buttermilk (3)
- 3 large egg white (3,4)
- 4 (1/2 oz.) slices part-skim mozzarella cheese (3)

This week's Meal Plan

1

Pineapple Pork Chops

2

Blue Cheese Chicken Burgers

3

Chicken Parmesan with Basil

4

Tropical Turkey and Spinach Salad

5

Sausage and Spinach Soup

6

Slow Cooker Beef Stew