meal planning MOMMIES

Weight Watcher Friendly Grocery List
Comfort Foods Meal Plan #21

Produce

- ☐ 2 medium-large tomatoes (1,5)
- ☐ 6 T. thinly sliced green onions (1)
- ☐ 1 medium ripe avocado (1)
- ☐ 6-12 lettuce leaves (1)
- ☐ 1 pkg. (4 oz.) salad sprouts, optional (1)
- ☐ 1 small red onion (2)
- ☐ 1 c. grape tomatoes (2)
- ☐ 1 (7-8 oz.) package salad blend (2)
- ☐ 1 medium green bell pepper (3)
- ☐ 2 medium onions (3,5)
- ☐ 3 garlic cloves (4,5)
- ☐ 1 lb. potatoes (5)
- ☐ 6 c. torn romaine lettuce (5)
- ☐ 1 medium leek (5)
- ☐ 8 oz. white mushrooms (6)
- ☐ 8 oz. brussel sprouts (6)

Meat

- ☐ 8 oz. thinly sliced reduced-fat deli smoked turkey (1)
- ☐ 3 ¼ lb. boneless skinless chicken breast tenderloins (3,4,6)
- ☐ 1 lb. boneless beef top sirloin steak (5)

Canned/ Packaged

- ☐ ½ t. lemon juice (1)
- ☐ 6 (8-inch) fat-free flour tortillas (1)
- ☐ 2 T. lemon juice (2)
- ☐ ¼ c. red wine vinegar (2)
- ☐ 1 ½ c. uncooked Ditalini pasta (or other small pasta) (2)
- ☐ 10-12 pitted black olives, optional (2)
- ☐ ½ c. corn flake crumbs (3)
- ☐ 6 (6-inch) corn tortillas (3)
- ☐ 4 cans (14 ½ oz. each) 99% fat-free chicken broth (4,6)
- ☐ 2 cans (15 oz. each) pinto beans (4)
- ☐ 1 c. salsa verde (green salsa) (4)
- ☐ 3 T. balsamic vinegar (5)
- ☐ 1 T. Dijon mustard (5)

Spice/Staples

- ☐ Salt (1,2,3,5)
- ☐ Black pepper (2,3,5)
- ☐ EVOO (2,4,5)
- ☐ 1 t. sugar (2)
- ☐ ¼ t. dried oregano (2)
- ☐ ½ t. dried parsley (3)
- ☐ ½ t. paprika (3)
- ☐ 1 t. ground cumin (4)
- ☐ 1 ½ t. ground thyme (5)

Misc.

- ☐ 2 freezer bags (optional) (5)

Refrigerator

- ☐ 1 T. reduced-fat sour cream (1)
- ☐ 6 T. + 1 oz. shredded reduced-fat cheddar cheese (1)
- ☐ ½ c. (2 oz.) crumbled feta cheese (2)
- ☐ ½ c. Sabra Farmers's Ranch Greek Yogurt Dip (3)

This week's Meal Plan

1. California Wraps
2. Greek Pasta Salad Bowl
3. Cheddar Ranch Chicken
4. Southwest White Bean and Chicken Soup
5. Grilled Steak and Potato Salad
6. Chicken and Mushroom Soup