

Produce

- 5 medium onions (1,2,3,4,6)
- 5 cloves garlic (1,3,6)
- Iceberg or Romaine lettuce leaves (1)
- Roma tomato, optional (1)
- Red onion, optional (1)
- Avocado, optional for more smart points (1)
- Cilantro, optional (1)
- 4 celery ribs (2,3)
- 3 medium carrots (2,3)
- 6 c. escarole (or mustard greens) (2)
- 1 bay leaf (3)
- 1 green pepper (6)

Meat

- 2 lb. 95-99% lean ground turkey (1,6)
- 1 lb. turkey breast, cooked and shredded or cubed (3)
- 3 lb. bottom round roast beef (4)
- 4 (about 8 oz each) chicken breasts (5)

Canned/ Packaged

- ½ c. tomato sauce (1)
- 7 c. low-sodium chicken broth (1,3)
- 1 can (15 oz.) white kidney or cannellini beans (2)
- 1 can (14.5 oz.) diced tomatoes (2)
- 1 can (14.5 oz.) reduced-sodium chicken broth (2)
- 1/2 c. Marsala cooking wine (2)
- 1 c. mini farfelle pasta, or bow tie pasta (2)
- ½ c. Parmesan cheese (2,5)
- 1 c. Long grain & wild rice (3)
- 1 packet zesty Italian salad dressing mix (4)
- 1 packet Au Jus gravy mix (4)
- 1 can (4-7 oz.) chopped green chilies (4)
- 12 Italian rolls, optional for more smart points (4)
- 1 ¼ c. seasoned breadcrumbs (5,6)
- 1 c. marinara sauce (5)
- Spaghetti, optional (5)
- ¾ c. pizza sauce (6)

Freezer

- 8 slices garlic Texas toast (6)

Spice/Staples

- Olive oil (1,2)
- Salt and Pepper (1,2,3)
- 1 T. chili powder (1)
- 1 t. ground cumin (1)
- ½ t. paprika (1)
- Dried basil (2)
- Dried thyme (2,3)
- 3 T. Flour (3)
- Cooking spray (5)

Misc.

Refrigerator

- Shredded Mexican cheese, optional for more smart points(1)
- Light sour cream, optional for more smart points (1)
- 1 c. Fat-free Half & Half (3)
- 2 T. butter (or olive oil) (5)
- 1 ¼ c. reduced-fat mozzarella cheese (5,6)
- 1 egg white (6)

This week's Meal Plan

1

Turkey Taco Lettuce Wraps

2

Italian Vegetable Soup

3

Skinny Turkey and Wild Rice Soup

4

Italian Shredded Beef Sandwiches

5

Baked Chicken Parmesan

6

Open-Faced Pizza Sandwiches