

Produce

- 2 green bell peppers (1)
- 4 garlic clove (1,6) + 2 Tbsp. jarred garlic (3)
- 2 onions (6)

Canned/ Packaged

- 1 jar (26 oz.) tomato basil or marinara spaghetti sauce (1)
- ¼ c. Light zesty Italian dressing (1)
- ½ c. salsa (2)
- 1 can (8 oz.) tomato sauce (2)
- 4 Hamburger buns, optional for more smart points (2)
- 4 (8-inch) high-fiber flour tortillas (3)
- 2 T. BBQ sauce (3)
- 2 T. Parmesan, finely shredded (5)
- 6 T. Whole wheat Italian seasoned breadcrumbs (5)
- 2 T. Panko breadcrumbs (5)
- 2 c. (6 oz.) uncooked corkscrew pasta (6)
- 2 T. ketchup (6)
- 1 can (28 oz.) diced tomatoes (6)
- 2 T. Dijon mustard (6)
- ¼ c. chopped dill pickles (6)

Spice/Staples

- Olive oil (1,2,3,5,6)
- 1 t. Italian seasoning blend, optional (1)
- ¼ c. (3) + 1 T. brown sugar (2)
- Salt and pepper (3,5,6)

Refrigerator

- 1 c. shredded reduced-fat mozzarella cheese (1)
- 2/3 c. reduced-fat shredded Mexican cheese blend (4)
- 2 c. grated reduced-fat cheddar cheese (6)

Meat

- 3 lbs. 95% lean ground beef (1, 2,6)
- 4 boneless skinless chicken breasts, 4 oz. each (3) +1 lb. chicken breasts (5)
- 1 c. shredded cooked chicken breast (4)

Freezer

Misc.



This week's Meal Plan

1

Easy Skillet Lasagna

2

Skinny Salsa Joes

3

Brown Sugar Garlic Glazed Chicken

4

BBQ Chicken Quesadillas

5

Baked Chicken Nuggets

6

Cheeseburger Casserole