

Produce

- 2 onions (2,6)
- 1 green onion, optional (2)
- 7 garlic cloves (2,3,6)
- 1 green onion (2)
- 3-4 cups baby spinach (3)
- 4 cups chopped lettuce (4)
- 1 large, or 2-3 small tomatoes (4)
- 4 tsp. fresh cilantro, optional (6)

Meat

- 3 lbs. boneless, skinless chicken breast (1,5)
- 1 ½ lbs. beef top sirloin steak (2)
- 16 slices Oscar Mayer fully cooked bacon (4)
- 13 oz. smoked turkey kielbasa (6)

Freezer

- 2 cups shredded hash brown potatoes (2)
- 1 pkg. 19 oz.) frozen, or refrigerated, cheese tortellini (3)
- 1 cup corn (6)

Canned/ Packaged

- 40 Barbecue flavored PopChips potato chips (1)
- 4 cups vegetable broth (3)
- 1 can (14.5 oz.) diced tomatoes with basil, oregano, and garlic (3)
- 8 small Benita flour tortillas (4)
- ½ cup fat-free Ranch salad dressing (4)
- 1 cup light mayonnaise (5)
- 1 can (14.5 oz.) fat-free chicken broth (6)
- 1 can (15 oz.) no-salt-added black beans (6)
- ½ cup uncooked rice (6)
- 1 jar (7 oz.) chopped roasted sweet red peppers (6)

Misc.

Spice/Staples

- ¼ cup all-purpose flour (1)
- 2 Tbsp. brown sugar (1)
- 1 Tbsp. + 1 tsp. ground mustard (1,5)
- Pepper (1,3)
- Salt (1,2)
- ¼ tsp. Cayenne pepper (1)
- 2 eggs, lightly beaten (1)
- Cooking spray (1)
- 2 Tbsp. olive oil (3,6)
- 6 tsp. Shaved or grated Parmesan cheese, optional (3)
- 1 Tbsp. honey (5)
- 1 Tbsp. mustard (5)
- ¾ tsp. Mrs. Dash Garlic and Herb seasoning blend (6)

Refrigerator

- 2 eggs (1)
- 1 Tbsp. butter (2)
- 1 cup (4 oz.) reduced-fat shredded Swiss cheese (2)
- ½ cup (2 oz.) low-fat shredded cheddar cheese (4)

This week's Meal Plan

1

Crispy BBQ Chicken Tenders

2

Hash brown topped Steak

3

Chicken & Tortellini Soup

4

BLT Wraps

5

Honey Mustard Grilled Chicken

6

Southwest Kielbasa Skillet