

## Produce

- 1lb. fresh mushrooms , sliced (2,4)
- 5 medium carrots (4)
- 2 large onions (4,5)
- 3 celery ribs (4)
- 1 each yellow, orange, and red bell pepper (5)
- 3 garlic cloves (5)

## Meat

- 3 lbs. lean beef sirloin (1)
- 1 lb. boneless, skinless chicken breast (4-4 oz. breasts) (2)
- 4 oz. deli ham (2)
- 2 pkgs. (6 oz. each) grilled, fully cooked chicken breast strips (3)
- 1-1/2 cups cooked turkey (I used Perdue oven roasted turkey) (4)
- 1-1/2 lbs. lean pork chops, fat-removed (6)

## Canned/ Packaged

- 1 (.7 oz.) packet Italian seasoning (1)
- 1 (.88 oz.) packet Brown Gravy mix (1)
- 1 (1 oz.) packet dry Ranch mix (1)
- 12 buns, optional for extra WW SP (1)
- 6 Tbsp. Fat-free Ranch dressing (3)
- 2 Tbsp. reduced-sodium chili seasoning mix (3)
- 10 cups fat-free chicken broth (4)
- 1 cup brown rice pasta (4)
- 1 (15 oz.) can black beans (5)
- 1 (15 oz.) can kidney beans (5)
- 1 pkg. (8.8 oz.) Ready to serve white rice (5)

## Misc.

## Spice/Staples

- 1 Tbsp. canola oil (2)
- Salt & Pepper (2,4,5)
- ¼ cup flour (4)
- 1 tsp. dried thyme (4)
- 1 tsp. parsley flakes (4)
- 1 Tbsp. olive oil (5)
- 2 tsp. cumin (5)
- 2 tsp. dried oregano (5)
- 1 tsp. chili powder (5)
- ¼ c. red wine vinegar (5)
- 2-3 Tbsp. soy sauce (6)
- 1-2 tsp. paprika (6)
- Cooking Spray (6)

## Freezer

- 1 pkg. (12 oz.) frozen cut green beans (2)
- 2 pkgs. (15 ct. each) mini Phyllo shells (3)

## Refrigerator

- 4 mozzarella cheese slices (2)
- 2-1/3 c. Reduced-fat Mexican cheese blend (3,5)
- 3 Tbsp. butter (4)
- 1 cup fat-free half-and-half (4)

## This week's Meal Plan

- 1** Slow Cooker Shredded Beef Sandwiches
- 2** Chicken Cordon Bleu w/ Green Beans
- 3** Chicken Chili Phyllo Poppers
- 4** Creamy Turkey Vegetable Soup
- 5** Cheesy Mexican Rice and Beans
- 6** Pork Chops w/ Carmelized Onions