

Produce

- ___ 1 jalapeño pepper (2)
- ___ 2 onions (2,6)
- ___ 10 garlic cloves (2,4,5)
- ___ 1/2 lb. sliced mushrooms (6)
- ___ 1 lb. potatoes, about 2 medium sized potatoes (6)

Meat

- ___ 1-1/2 lb. lean pork tenderloin (1)
- ___ 1 pkg. (6 oz.) Southwestern grilled chicken breast (2)
- ___ 4 (4 oz.) trimmed boneless pork chops (3)
- ___ 2 lbs. boneless skinless chicken (4)
- ___ 1-1/2 lb. uncooked shrimp (5)
- ___ 1 lb. lean and trimmed beef strip sirloin (6)

Canned/ Packaged

- ___ 3/4 c. breadcrumbs (1)
- ___ 2 cans (15 oz. each) fat-free chicken broth (2)
- ___ 1 can (10 oz.) Diced tomatoes with green chilies (2)
- ___ 1 can (10 oz.) Enchilada sauce (2)
- ___ 3 Tbsp. tomato paste (2)
- ___ 8 tsp. honey teriyaki marinade (3)
- ___ 8 oz. canned pineapple chunks or slices (3)
- ___ 1/2 c. ketchup (4)
- ___ 1/3 c. brewed coffee (4)
- ___ 3 cups fat-free beef broth (6)

Spices/ Staples

- ___ 1 tsp. sugar (1)
- ___ 1/2 tsp. paprika (1)
- ___ 1/2 tsp. onion powder (1)
- ___ Salt (1,2,3,4,6)
- ___ 1 Tbsp. canola oil (1)
- ___ 2 Tbsp. cornstarch (1)
- ___ 2 Tbsp. EVOO (2,6)
- ___ 1 Tbsp. chili powder (2)
- ___ 2 tsp. ground cumin (2)
- ___ 1/2 tsp. pepper (2,3,6)
- ___ Cooking spray (3)
- ___ 1 tsp. garlic powder (3)
- ___ 1/4 c. packed brown sugar (4)
- ___ 1/8 c. apple-cider vinegar (4)
- ___ 1/8 tsp. red pepper flakes (4)
- ___ 3 Tbsp. lemon juice (5)
- ___ 1 tbsp. Mrs. Dash Lemon Pepper seasoning (5)
- ___ 1 Tbsp. Worcestershire sauce (6)
- ___ 2 Tbsp. cornstarch (6)
- ___ 1/2 tsp. sea salt (6)

Freezer

- ___ 1/2 cup frozen corn (2)

Refrigerator

- ___ 2 large egg whites, lightly beaten (1)
- ___ Optional: Sour cream, shredded cheese (2)
- ___ 4 Tbsp. fat-free sour cream (6)

Misc.

This week's meal plan

- 1 Breaded Baked Pork Tenders
- 2 Spicy Chicken Enchilada Soup
- 3 Teriyaki Pineapple Pork Chops
- 4 Grilled BBQ Chicken Nuggets
- 5 Grilled Garlic Parmesan Shrimp
- 6 Beef Tips with Mashed Potatoes