

Produce

- ___ 1 medium red pepper (1)
- ___ 2-3 c. shredded lettuce (1)
- ___ 12 oz. Italian or Romaine Salad blend (approx. 8 cups) (3)
- ___ 1-2 red onions (3,4)
- ___ 1 tomato (4)
- ___ Additional tomato, red onions and lettuce optional for meal #5
- ___ 2-3 Tbsp. chopped onion (6)
- ___ 4-5 c. salad greens (6)

Meat

- ___ 2 lbs. 95% lean ground beef (1,5)
- ___ 8 oz. deli-smoked turkey, thinly sliced (2)
- ___ 2 oz. (about 24 slices) pepperoni (3)
- ___ 2 lbs. skinless, boneless chicken breast (8-4 oz. pieces) (4,6)
- ___ 4 strips of bacon (4)

**Canned/
Packaged**

- ___ 1 (1.25 oz.) taco seasoning packet (1)
- ___ 6 tostada shells (1)
- ___ 3/4 c. canned refried beans (1)
- ___ 8 slices reduced calorie rye bread (2)
- ___ 2/3 c. sauerkraut, rinsed and drained (2)
- ___ 1/4 c. fat-free Thousand Island dressing (2)
- ___ 2 Tbsp. sliced black olives (3)
- ___ 1/2 c. Fat-free Italian salad dressing (3)
- ___ 1 c. onion and garlic seasoned salad croutons (3)
- ___ 2 Tbsp. barbecue sauce (4)
- ___ 2 Tbsp. honey Teriyaki sauce (5)
- ___ 4 light hamburger buns (5)
- ___ 2-1/2 Tbsp. Dijon mustard (6)
- ___ 2 Tbsp. red wine vinegar (6)

**Spices/
Staples**

- ___ Salt (4,5,6)
- ___ Pepper (4,5,6)
- ___ Cooking Spray (4,6)
- ___ 1 Tbsp. Extra Virgin Olive Oil (6)
- ___ 1/2 tsp. dried basil (6)
- ___ 1/2 tsp. sugar (6)

Refrigerator

- ___ 3/4 c. fat-free sour cream (1)
- ___ 1-1/2 c. reduced-fat shredded Mexican cheese blend (1)
- ___ 4 Ultra (or extra) thin slices Swiss cheese (2)
- ___ 1 c. (4 oz.) shredded part-skim mozzarella cheese (3)
- ___ 1/2 c. reduced-fat shredded Colby-Monterey Jack cheese (4)
- ___ 4 Tbsp. crumbled bleu cheese (5)

Misc.**Freezer****This week's
meal plan**

- 1** Beef Tostadas
- 2** Turkey Reuben Sandwiches
- 3** Italian Pepperoni Pizza Salad
- 4** BBQ Bacon Monterey Chicken
- 5** Bleu Cheese Stuffed Teriyaki Burgers
- 6** Grilled Chicken w/ Mustard Sauce