28 WW Friendly Grocery List

Meal Planning Mommies

Produce

__ 1-1/2 tsp. fresh basil (2)
__ 1-1/2 tsp. + 6 Tbsp. fresh parsley (2,3,5)
__ 4 tsp. minced garlic (2,3)
__ 7-1/2 cups salad greens (4)
__ 1 pint strawberries (4)
__ 5-1/2 cup coleslaw mix or shredded cabbage (5,6)
__ 1/2 c. chopped carrots (5)
__ 1/2 c. chopped onions (5)

Meat

__ 4 (4 ounce) boneless, skinless chicken breast (1)
__ 1 lb. lean flank steak (2)
__ 1 lb. jumbo shrimp (3)
__ 1/4 cup crumbled, cooked bacon (4)
__ 1/2 lb. lean thin cut eye of round steak (5)
__ 1 lb. 99% lean ground turkey (6)

Canned/ Packaged

__ 3 tsp. Mrs. Dash Southwest Chipotle Seasoning (1)
__ 1 (15 oz.) can black beans (1)
__ 1/2 cup Tostitos Chunky Salsa (1)
__ 1 cup uncooked orzo (3)
__ 3 Tbsp. lemon juice (3)
__ 5 Tbsp. Kraft Lite Raspberry Vinaigrette dressing (4)
__ 2 (14.5 oz.) cans fat-free, low sodium beef broth (5)
__ 1 (14.5 oz.) can low-sodium diced tomatoes (5)
__ Italian dressing packet (5)
__ 1 (15 oz.) can white kidney beans (5)
__ 1/3 cup Lawry's Mediterranean Herb & Wine marinade (6)
__ 5 Mission Carb Balance Whole Wheat Fajita size Tortillas (6)
__ 1/4 cup slivered almonds (6)

Spices/ Staples

__ 1 Tbsp. canola oil (1)
__ Salt (2,3,5,6)
__ Pepper (2,3,5,6)
__ Cooking spray (5)
__ 1/4 tsp. Garlic salt (5)

Refrigerator

__ 1/4 cup Reduced-Fat Shredded Mexican cheese (1)
__ 1 Tbsp. butter (3)
__ 1 cup reduced fat crumbled feta cheese (4)

Misc.

Freezer

__ 1 cup frozen corn (1)

This week's meal plan

1. Southwest Chipotle Blackened Chicken and Beans
2. Best Steak Ever
3. Lemon Garlic Shrimp Scampi
4. Strawberry Tossed Salad
5. Beefy Italian Cabbage Soup
6. Mediterranean Turkey Coleslaw Wraps