

## Produce

- \_\_\_ 2 garlic cloves (3)
- \_\_\_ 1 pkg. (5 oz.) fresh baby spinach (4)
- \_\_\_ 5-10 Red onion slices (6)

## Canned/ Packaged

- \_\_\_ 1/2 c. shredded coconut (1)
- \_\_\_ 1/4 c. plain bread crumbs (1)
- \_\_\_ 1 Tbsp. honey (1)
- \_\_\_ 1/3 c. sugar-free apricot preserves, optional (1)
- \_\_\_ 2 Tbsp. tarter sauce or light mayo (2)
- \_\_\_ 2-1/2 Tbsp. + 4 tsp. light mayonnaise (4,6)
- \_\_\_ 1 Tbsp. + 1 tsp. mustard (2,4)
- \_\_\_ 18 slices light bread (2,4)
- \_\_\_ 2 Tbsp. sugar-free raspberry preserves (4)
- \_\_\_ 1/4 c. dried cranberries
- \_\_\_ 1/4 c. chopped walnuts (or walnut halves)
- \_\_\_ 1/4 c. fat-free honey Dijon vinaigrette
- \_\_\_ 5 Pineapple rings (canned) (6)
- \_\_\_ 2-1/2 tsp. Dijon mustard (6)
- \_\_\_ 5 bagel thins (wheat or plain) (6)

## Spices/ Staples

- \_\_\_ 1/8 teaspoon salt (1)
- \_\_\_ Dash ground red pepper (cayenne) (1)
- \_\_\_ Cooking spray (1,4)
- \_\_\_ 1 tsp. sugar (2)
- \_\_\_ 2 Tbsp. olive oil (3)
- \_\_\_ 1 Tbsp. red wine vinegar (3)
- \_\_\_ 1 Tbsp. soy sauce (3)
- \_\_\_ 1 Tbsp. Worcestershire sauce (3)
- \_\_\_ 1 tsp. ground mustard (3)
- \_\_\_ Pepper, to taste (3)
- \_\_\_ 2 tsp. powdered sugar (4)

## Refrigerator

- \_\_\_ 6 hard-boiled eggs (2)
- \_\_\_ 4 egg whites (4)
- \_\_\_ 1/2 c. fat-free milk (4)
- \_\_\_ 4 slices thin sliced Swiss cheese (4)
- \_\_\_ 1/4 c. crumbled feta cheese (5)
- \_\_\_ 5 Sargento Ultra Thin Baby Swiss (or Provolone) cheese slices

## Freezer

## Meat

- \_\_\_ 1 lb. medium sized shrimp (1)
- \_\_\_ 1-1/2 pounds chicken (3)
- \_\_\_ 9 oz. (about 8 slices) thin sliced ham lunch meat (4,6)
- \_\_\_ 4 oz. (about 8 slices) thin sliced turkey lunch meat (4)
- \_\_\_ 2 oz. thick sliced turkey lunch meat (5)

## Misc.

## This week's meal plan

- 1 Coconut Shrimp with Apricot Sauce
- 2 Easy Egg Salad Sandwich
- 3 Super Simple Marinated Chicken
- 4 Monte Cristo Sandwiches
- 5 Turkey-Walnut Honey Dijon Salad
- 6 Grilled Hawaiian Bagel Panini