

**Produce**

- \_\_\_ 2 red peppers (1,2)
- \_\_\_ 1 yellow pepper (1)
- \_\_\_ 4 onions (1,3,5,6)
- \_\_\_ 11-14 c. torn romaine (1,6)
- \_\_\_ 1/2 lb. baby carrots (2)
- \_\_\_ 9-10 cloves minced garlic (1,2,3,6)
- \_\_\_ 1 small green pepper (2)
- \_\_\_ 2 c. baby spinach (3)
- \_\_\_ 1 Tbsp. chopped fresh basil (3)
- \_\_\_ 2 Tbsp. chopped fresh oregano (3)
- \_\_\_ 1 c. fresh mushrooms (4)
- \_\_\_ 1 lb. potatoes (6)
- \_\_\_ 1 medium tomato (6)

**Canned/  
Packaged**

- \_\_\_ 1-1/2 c. salsa (1)
- \_\_\_ 10 tortilla chips (1)
- \_\_\_ 1 (8 oz.) can pineapple chunks (2)
- \_\_\_ 1 (15 oz.) can cannellini beans (3)
- \_\_\_ 1 (14.5 oz) can stewed tomatoes (3)
- \_\_\_ 1 (14 oz.) can fat-free low sodium chicken broth (3)
- \_\_\_ 2 Tbsp. grated Parmesan cheese (3)
- \_\_\_ 1 Tbsp. Dijon mustard (6)

**Spices/  
Staples**

- \_\_\_ 2 tsp. chili powder (1)
- \_\_\_ 1 tsp. ground cumin (1)
- \_\_\_ 1/4 c. red wine vinegar (2)
- \_\_\_ 3 Tbsp. olive oil (2,6)
- \_\_\_ 4 Tbsp. GF soy sauce (2,5)
- \_\_\_ 1-1/2 tsp. cornstarch (2)
- \_\_\_ 1 tsp. sugar (2)
- \_\_\_ Cooking spray (3,5)
- \_\_\_ 1 Tbsp. canola oil (4)
- \_\_\_ Salt and pepper (4,6)
- \_\_\_ 1-2 tsp. Paprika (5)
- \_\_\_ 2 tsp. dried thyme leaves or 1 tsp. ground thyme (6)
- \_\_\_ 3 Tbsp. balsamic vinegar (6)

**Freezer**

- \_\_\_ 1 pkg. (12 oz.) frozen cut green beans (4)
- \_\_\_ 10 oz. frozen corn (5)

**Misc.**

- \_\_\_ 2 freezer bags (or bowls can be used) (6)

**Meat**

- \_\_\_ 1 lb. 99% fat-free ground turkey (1)
- \_\_\_ 1 lb. lean boneless pork chops (2)
- \_\_\_ 10 oz. sweet turkey Italian sausage (3)
- \_\_\_ 1 lb. boneless, skinless chicken breast (four 4 oz. breasts) (4)
- \_\_\_ 4 oz. deli ham (4)
- \_\_\_ 1-1/2 lbs. Lean pork chops, fat removed (5)
- \_\_\_ 1 lb. boneless beef top sirloin steak (6)

**Refrigerator**

- \_\_\_ 5 Tbsp. shredded cheddar cheese (1)
- \_\_\_ 4 mozzarella cheese slices (4)

**This week's  
meal plan**

- 1 Turkey Taco Salad
- 2 Sweet & Sour Pork & Pineapple Kabobs
- 3 Spinach & Sausage Soup
- 4 Skinny Skillet Chicken Cordon Bleu
- 5 Pork Chops with Carmelized Onion
- 6 Grilled Steak & Potato Salad