

Produce

- ___ 2 small onions (1,5)
- ___ 13 garlic cloves, minced (1,3,4,5,6)
- ___ 1 Tbsp. fresh parsley, chopped (1)
- ___ 3 tsp. fresh ground ginger (3,4,6)
- ___ 1 lb. cabbage, about 1/2 head of cabbage (3)
- ___ 6 green onions, sliced (3,4,6)
- ___ 2 stalks broccoli (4)
- ___ 2 red bell peppers (4,5)
- ___ Juice from 1/2 of a lime (5)
- ___ 8 oz. fresh mushrooms (6)
- ___ 1 leek (6)

Meat

- ___ 1 lb. 95% lean ground beef (1)
- ___ 4 (4 oz.) fillets + 1 lb. boneless, skinless chicken breasts (2,6)
- ___ 1 lb. shrimp (3)
- ___ 1 lb. lean beef steak (4)

Canned/ Packaged

- ___ 1 c. egg noodles (1)
- ___ 15 saltine crackers (1)
- ___ 1 Tbsp. ketchup (1)
- ___ 2 tsp. Worcestershire sauce (1)
- ___ 1 envelope onion soup mix (1)
- ___ 1-1/2 c. Corn Flakes cereal (2)
- ___ 3 c. chicken broth (2,3,4,6)
- ___ 1/3 c. quinoa (3)
- ___ 1 (3 oz.) package Ramen noodles, any flavor (4)
- ___ 2 Tbsp. unsalted cashews (4)
- ___ 1 (15 oz.) can black beans (5)
- ___ 1 (14.5 oz.) can fat-free chicken broth or vegetable broth (5)
- ___ 1 (7 oz.) can green chiles (5)
- ___ 1 (14.5 oz.) can diced tomatoes (5)

Spices/ Staples

- ___ Pepper (1,2)
- ___ Salt (2,3)
- ___ Cooking spray (1)
- ___ 3 Tbsp. cornstarch (1,3,4)
- ___ 1 beef bouillon cube (1)
- ___ 1/2 tsp. poultry seasoning (2)
- ___ 1/2 tsp. paprika (2)
- ___ 1/8 tsp. ground thyme (2)
- ___ 3 Tbsp. extra virgin olive oil (2,3,4)
- ___ 1-1/2 Tbsp. flour (2)
- ___ 1/2 tsp. onion powder (2)
- ___ 6 Tbsp. soy sauce (3,4,6)
- ___ 2 tsp. honey (3)
- ___ 4 tsp. rice vinegar (3,4)
- ___ 1/4 tsp. crushed red pepper flakes (4)
- ___ 1 tsp. red wine vinegar (5)
- ___ 1/2 tsp. chili powder (5)
- ___ 1/2 tsp. cumin (5)
- ___ 2 Tbsp. lemon juice (6)

Freezer

Refrigerator

- ___ 2 egg whites (1,3)
- ___ 3/4 c. low-fat buttermilk (2)
- ___ 1 Tbsp. butter (2)
- ___ 3/8 c. shredded reduced-fat Monterey Jack or cheddar cheese (5)

Misc.

This week's meal plan

- 1 Salisbury Steak and Noodles
- 2 Country Fried Chicken w/ Gravy
- 3 Shrimp & Cabbage Stir Fry
- 4 Beef, Broccoli & Cashew Stir Fry
- 5 Mexican Black Bean & Tomato Soup
- 6 Asian Chicken Soup