

Produce

- ___ 4 onions (1,2,4,5)
- ___ 4-5 carrots (1,2)
- ___ 1 c. green beans, cut (1)
- ___ 5 garlic cloves (1,4,5)
- ___ 1 medium zucchini (2)
- ___ 1 lb. sliced mushrooms (3)
- ___ 1/4 c. fresh chopped parsley (optional) (3)
- ___ 1 c. (1 medium) green bell pepper (4)
- ___ 1 lb. unpeeled potatoes (about 2-3 potatoes) (5)
- ___ 1 medium tomato (5)
- ___ 8 cups torn romaine lettuce (5)
- ___ 1 small red onion (6)
- ___ 1 c. grape tomatoes (6)
- ___ 1 (7-8 oz.) package salad blend (6)

Meat

- ___ 2 lb. skinless, boneless chicken breast (3,4)
- ___ 1 lb. boneless beef top sirloin steak (5)

**Spices/
Staples**

- ___ Cooking spray (1,2,7)
- ___ 1-1/4 tsp. oregano (1,6)
- ___ 1 tsp. parsley (1)
- ___ 1/2 tsp. basil (1)
- ___ 1-1/2 tsp. garlic powder (2,3)
- ___ 1/2 tsp. chili powder (2)
- ___ 3/4 tsp. paprika (2,3)
- ___ Salt (2,5,6)
- ___ Pepper (2,5,6)
- ___ 1/4 tsp. red pepper flakes (2)
- ___ 1 Tbsp. flour (3)
- ___ 1 tsp. Italian seasoning (3)
- ___ 5 Tbsp. olive oil (3,4,5,6)
- ___ 1 tsp. ground cumin (4)
- ___ 2 tsp. dried thyme leaves or 1 tsp. ground thyme (5)
- ___ 3 Tbsp. balsamic vinegar (5)
- ___ 1/2 Tbsp. Dijon mustard (5)
- ___ 2 Tbsp. lemon juice (6)
- ___ 1/4 c. red wine vinegar (6)
- ___ 1 tsp. sugar (6)

**Canned/
Packaged**

- ___ 2 (14.5 oz.) cans beef or vegetable broth (1)
- ___ 2 (14.5 oz.) cans diced or Italian stewed tomatoes (1)
- ___ 3 Tbsp. unsweetened applesauce (2)
- ___ 2 (14 oz.) cans black beans (2)
- ___ 1-1/2 c. quick cooking oats (2)
- ___ 1 c. seasoned breadcrumbs (2,7)
- ___ 2 Tbsp. ketchup (2)
- ___ 2 Tbsp. barbecue sauce (2)
- ___ 8 light hamburger buns (2)
- ___ 1 Tbsp. fat-free Italian salad dressing (3)
- ___ 2/3 c. Marsala cooking wine (3)
- ___ 1 chicken bouillon cube (3)
- ___ 2 oz. angel hair pasta (3)
- ___ 6 (6-inch) corn tortillas (4)
- ___ 2 (14.5 oz.) cans 99% fat-free chicken broth (4)
- ___ 2 (15 oz.) cans pinto beans (4)
- ___ 1 c. salsa verde (4)
- ___ 1-1/2 c. Ditalini pasta, or other small pasta (6)
- ___ 10-15 pitted olives, sliced (optional) (6)
- ___ 1/4 c. Parmesan cheese (7)

Freezer

- ___ 1 (24 oz.) package Jennie-O Italian Style Turkey Meatballs (1)
- ___ 1-1/2 c. frozen corn (1)

Misc.**Refrigerator**

- ___ 1 Tbsp. butter (3)
- ___ 2 oz. crumbled feta cheese (6)

**This week's
meal plan**

- 1 Italian Turkey Meatball & Vegetable Soup
- 2 Black Bean Burgers
- 3 One Pot Chicken Marsala
- 4 Southwest White Bean & Chicken Chili
- 5 Grilled Steak & Potato Salad
- 6 Greek Pasta Salad Bowl