

Produce

- ___ 2 c. cauliflower (1)
- ___ 3 small onions (1,3,4,5)
- ___ 3-4 zucchinis (1)
- ___ 8 garlic cloves, minced (2,4,5)
- ___ 1 celery stalk, diced (3)
- ___ 2 carrots, diced (3)
- ___ 4 c. broccoli florets (3)
- ___ 1 T. fresh chopped parsley, optional (5)

Canned/ Packaged

- ___ 2/3 c. Parmesan cheese (1,5)
- ___ 1 (.7 oz.) packet Good Seasons Italian all natural salad dressing and recipe mix (1)
- ___ 1/2 c. seasoned breadcrumbs (1)
- ___ 1-3/8 c. Spaghetti sauce (1)
- ___ 1/4 c. light mayonnaise (2)
- ___ 4-1/2 c. fat-free chicken broth (3,5) + 1 (14.5 oz.) can fat-free chicken broth (6)
- ___ 2 oz. Velveeta cheese (3)
- ___ 4 oz. uncooked fettuccine (5)
- ___ 1 (10 oz.) can 98% fat-free cream of chicken soup (6)

Spices/ Staples

- ___ Cooking spray (1,2)
- ___ 1 t. onion powder (2)
- ___ 2 t. Mrs. Dash Garlic & Herb seasoning (2)
- ___ Salt (2,3,5,6)
- ___ 3 T. all-purpose flour (3)
- ___ 1-1/2 T. cornstarch (3,5)
- ___ 1/4 c. teriyaki sauce (4)
- ___ 1 T. honey (4)
- ___ 1 t. garlic (4)
- ___ 1/2 t. poultry seasoning (6)

Freezer

- ___ 1 (12 oz.) bag frozen Asian vegetable medley (4)
- ___ 1/2 c. frozen peas (5)
- ___ 1 (10 oz.) package frozen chopped spinach, thawed (6)

Misc.

Meat

- ___ 1 lb. 98-99% lean ground turkey (1)
- ___ 3 lbs. boneless, skinless chicken breast (2,6)
- ___ 1 lb. lean top sirloin steak (4)
- ___ 1 lb. small or medium shrimp, deveined and tails off (5)

Refrigerator

- ___ 3 eggs (1)
- ___ 1/2 c. reduced-fat shredded mozzarella cheese (1)
- ___ 2 c. non-fat plain Greek yogurt (2,3,5)
- ___ 2 T. light butter (3,5)
- ___ 1/4 c. reduced-fat crumbled goat cheese (3)
- ___ 7 T. shredded reduced-fat Colby Jack cheese or cheddar cheese (3)
- ___ 1 c. fat-free milk (6)
- ___ 1 (9 oz.) package refrigerated cheese tortellini (6)

This week's meal plan

- 1 Italian Turkey Meatballs & Sauce w/ Zoodles
- 2 Mayo Garlic & Herb Chicken
- 3 Skinny 3-Cheese Broccoli Soup
- 4 Honey Teriyaki Steak and Veggies
- 5 Shrimp Parmesan Alfredo
- 6 Creamy Chicken & Spinach Tortellini Soup