

Produce

- ___ 3-1/2 onions (1,2,4,5)
- ___ 6 T. fresh parsley, minced (1,3)
- ___ 8 oz. mushrooms, sliced (1)
- ___ 2 carrots, peeled and chopped (2)
- ___ 8 minced garlic cloves (2,4,5)
- ___ 6 large iceberg lettuce leaves (3)
- ___ 1 red onion (3,6)
- ___ 1 jalapeño pepper (4)
- ___ 2 medium zucchini (5)
- ___ 1 small tomato (6)
- ___ 1 c. iceberg lettuce, shredded (6)

Meat

- ___ 3 lbs. 98-99% lean ground turkey (1,3,6)
- ___ 1-1/2 lbs. boneless, skinless chicken breasts (4)
- ___ 4 (4 oz.) boneless, skinless chicken breast halves (5)
- ___ 4 center-cut bacon strip (5)

**Canned/
Packaged**

- ___ 1/3 c. seasoned bread crumbs (1)
- ___ 5 c. fat-free beef broth (1,2)
- ___ 3-1/2 c. egg noodles, uncooked (1)
- ___ 1-1/2 c. lentils, uncooked (2)
- ___ 1-1/3 c. dry potato flakes (2)
- ___ 1/4 c. barbecue sauce (2)
- ___ 2 T. soy sauce (2)
- ___ 3/4 c. reduced-fat Italian salad dressing (3,6)
- ___ 1/4 c. breadcrumbs (3)
- ___ 5 c. fat-free chicken broth (4)
- ___ 2 c. mild salsa (4)

**Spices/
Staples**

- ___ 2 T. Worcestershire sauce (1)
- ___ Salt (1,2,5)
- ___ Pepper (1,5)
- ___ 1-1/2 t. garlic powder (1,6)
- ___ 1/2 t. cornstarch (1)
- ___ 3 T. flour (1)
- ___ 2-1/2 T. extra virgin olive oil (2,4,5,6)
- ___ 1 t. dried thyme (2)
- ___ Cooking spray (3,5)
- ___ 2 t. ground cumin (4)
- ___ 2 t. poultry seasoning (5)
- ___ 1/2 t. sugar (5)
- ___ 1/4 t. lemon-pepper seasoning (5)
- ___ 1 c. self-rising flour (6)
- ___ 2 t. Italian seasoning (6)

Freezer

- ___ 1 c. frozen peas (2)
- ___ 1/2 c. frozen corn (5)

Refrigerator

- ___ 3 eggs (1,3)
- ___ 3 T. light butter (1,2)
- ___ 5.3 oz. + 1 c. non-fat plain Greek yogurt (1,6)
- ___ 1-2/3 c. skim milk (1,2)
- ___ 3 oz. (a little over 1/2 cup) reduced-fat feta cheese (3)
- ___ 4 slices pepper jack cheese (5)
- ___ 1/2 c. whipped cream cheese (6)
- ___ 3/4 c. reduced-fat shredded mozzarella cheese (6)

Misc.**This week's
meal plan**

- 1** Skinny Swedish Meatballs
- 2** Lentil Shepherd's Pie
- 3** Italian Turkey Feta Burger Lettuce Wraps
- 4** Mexican Chicken Soup
- 5** Pepper Jack Chicken w/ Zucchini & Corn Saute
- 6** Salad Topped Pizza