

Produce

- ___ 10-11 garlic cloves, minced (1,2,4,5)
- ___ 1-1/2 c. sliced carrots (1,5)
- ___ 2 shallots (2)
- ___ 12 c. salad greens (1 used a Spring mix) (3)
- ___ 1-2 apples (3)
- ___ 2 small onions (4,5)
- ___ 8 c. steamed broccoli (about 1-1/2 lbs.)
- ___ 2-3 green onions, sliced, optional (4)
- ___ 1 small zucchini, chopped (5)
- ___ 2 T. fresh parsley, snipped (5)

Meat

- ___ 3 lbs. boneless, skinless chicken breasts (1,4,6)
- ___ 4 (4 oz.) skinless, boneless chicken breasts (2)
- ___ 2 slices cooked bacon, chopped (3)

**Canned/
Packaged**

- ___ 1-1/2 c. white rice (1)
- ___ 3 c. 99% fat-free chicken broth (1)
- ___ 2 T. light mayonnaise (3)
- ___ 1/2 T. maple syrup (3)
- ___ 1 t. apple cider vinegar (3)
- ___ 1/3 c. chopped pecans (3)
- ___ 1 (8 oz.) can crushed pineapple in pineapple juice (4)
- ___ 1/4 c. soy sauce (4)
- ___ 2 T. ketchup (4)
- ___ 1-1/2 T. honey (4)
- ___ 6 c. fat-free beef broth (5)
- ___ 1 (15.5 oz.) can kidney beans (5)
- ___ 1 (15.5 oz.) can chickpeas (5)
- ___ 1 (14.5 oz.) can diced tomatoes (5)
- ___ 1 c. Ditalini pasta (5)
- ___ 1 (.5 oz.) packet dry Knorr Pesto Sauce Mix (5)

**Spices/
Staples**

- ___ 3 T. olive oil (1,2,5,6)
- ___ 3 T. soy sauce (1)
- ___ 2 T. red wine vinegar (2)
- ___ 1 T. Dijon mustard (2)
- ___ Salt (2,6)
- ___ Pepper (2,6)
- ___ 1/2 T. sesame seeds, optional (4)
- ___ 1/4 t. red pepper flakes (4)
- ___ 1 T. cornstarch (4)
- ___ 1 T. chili powder (6)
- ___ 1 T. brown sugar (6)
- ___ 1/2 t. dry mustard (6)
- ___ 1/2 t. cumin (6)
- ___ 1/8 t. cayenne pepper (6)

Freezer

- ___ 1/2 c. frozen corn (1)
- ___ 1/2 c. frozen peas (1)
- ___ 16 oz. (about 4 cups) frozen snap green beans (2)

Refrigerator

- ___ 2 eggs (1)
- ___ 1/2 c. crumbled blue cheese (3)
- ___ 1/2 c. non-fat plain Greek yogurt (3)

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

- 1** Chicken Fried Rice
- 2** Chicken and Green Beans w/ Vinaigrette
- 3** Bacon Bleu Apple Salad
- 4** Honey Sesame Chicken & Broccoli
- 5** Minestrone Soup
- 6** Grilled Chicken w/ Sweet & Spicy BBQ Rub