

Produce

- ___ 4 c. spinach (1)
- ___ 9 garlic cloves, minced (1,3,4)
- ___ 1/2 T. ginger root, minced (3)
- ___ 12 oz. broccoli coleslaw mix (3)
- ___ 3 green onions, sliced (3,4)
- ___ 1/2 lb. green beans, trimmed (4)
- ___ 1 shallot, chopped (4)
- ___ 8 oz. mushrooms, sliced (4)
- ___ 2 T. fresh snipped parsley, optional (4,6)
- ___ 3 c. baby carrots or carrot slices (5,6)
- ___ 3-4 stalks celery, chopped (6)

Meat

- ___ 4 (6 oz.) pieces + 2 lb. boneless, skinless chicken breasts (1,5,6)
- ___ 1 lb. 99% lean ground turkey (2)
- ___ 1 lb. lean flank steak, cubed (3)
- ___ 4 (4 oz. each) boneless pork chops (4)

**Canned/
Packaged**

- ___ 1/2 c. Italian seasoned breadcrumbs (1)
- ___ 1 (10 oz.) can Rotel Original Diced Tomatoes and Green Chiles (2)
- ___ 1 (1 oz.) packet taco seasoning (2)
- ___ 1 (16 oz.) can fat-free refried beans (2)
- ___ 5 T. soy sauce (3,4)
- ___ 2 t. dark Sesame oil (4)
- ___ 3 T. maple syrup (5)
- ___ 1/4 c. ketchup (5)
- ___ 2 T. apple cider vinegar (5)
- ___ 1/2 t. lemon juice (5)
- ___ 5 c. (99% fat free) chicken broth (6)
- ___ 2 c. Bisquick Original Pancake and Baking Mix (6)

**Spices/
Staples**

- ___ 3 t. extra virgin olive oil (1,3)
- ___ Cooking spray (1,2,5)
- ___ Salt (4,5,6)
- ___ Pepper (1,5,6)
- ___ 2 T. honey (4)
- ___ 1 t. dried oregano (4)
- ___ 1 T. paprika (5)
- ___ 1/2 T. ground cumin (5)
- ___ 1 t. chili powder (5)

Freezer

- ___ 1 c. frozen corn (6)
- ___ 1 c. frozen peas, optional (6)

Misc.**Refrigerator**

- ___ 4 Laughing Cow light Swiss garlic and herb cheese wedges (1)
- ___ 4 eggs (1,2,3)
- ___ 9 egg roll wrappers (2)
- ___ 1-1/8 c. reduced-fat shredded cheddar cheese (2)
- ___ 1 T. light butter (5)
- ___ 1 c. fat-free milk (6)

**This week's
meal plan**

- 1** Spinach Stuffed Chicken Pockets (1)
- 2** Egg Roll Chimichangas (2)
- 3** Steak & Shredded Vegetable Stir Fry (3)
- 4** Grilled Pork Chops w/ Green Beans & Mushrooms (4)
- 5** Maple-Glazed Chicken & Carrots (5)
- 6** Chicken & Dumpling Soup (6)