

Produce

- ___ 4 garlic cloves, minced (1,2)
- ___ 1 onion, chopped (1)
- ___ 1 zucchini, chopped (1)
- ___ 8 c. fresh baby spinach (4)
- ___ 2 green onions, sliced (4)
- ___ 6 oz. iceberg or romaine salad mix (6)

**Canned/
Packaged**

- ___ 3 oz. uncooked Campanelle pasta (about 1-1/4 cups) (1)
- ___ 1 (15 oz.) can black beans (1)
- ___ 1 (10 oz.) can Rotel diced tomatoes and green chiles (1)
- ___ 1 (8 oz.) can tomato sauce (1)
- ___ 1-1/2 c. fat-free chicken broth (2,5)
- ___ 12 Olé Xtreme Wellness High Fiber Low Carb 8 inch Tortillas (or other 1 WW SP tortillas) (3,5)
- ___ 4 oz. pickle slices (3)
- ___ 1/4 c. canned mandarin oranges, drained (4)
- ___ 1/4 c. chow mein noodles (4)
- ___ 2 T. roasted peanuts (4)
- ___ 1 (10 oz.) can 98% fat-free cream of chicken soup (5)
- ___ 7.5 oz. salsa verde (5)
- ___ 5 T. Bolthouse Farms Creamy Caesar Yogurt dressing (6)
- ___ 3/2 fat-free Seasoned croutons (6)

**Spices/
Staples**

- ___ 3 T. + 1 t. extra virgin olive oil (1,2,4)
- ___ Salt (1,6)
- ___ Pepper (1,6)
- ___ 1/2 t. cumin (1)
- ___ 1/2 t. chili powder (1)
- ___ 1 T. brown sugar (2)
- ___ 1 T. Worcestershire sauce (2)
- ___ 2 t. cornstarch (2)
- ___ 4 t. mustard (3)
- ___ Cooking spray (3,6)
- ___ 1 T. red wine vinegar (4)
- ___ 1 T. sugar (4)

Freezer

- ___ 1 c. frozen corn (1)
- ___ 1 (10 oz.) bag of frozen Spring vegetables (2)

Misc.**Meat**

- ___ 1 lb. 99% lean ground turkey (1)
- ___ 4 (4 oz.) +1 lb. boneless, skinless chicken breasts (2,5)
- ___ 4 oz. 97% fat-free thin sliced ham lunch meat (3)
- ___ 4 oz. 98% fat-free thin sliced turkey lunch meat (3)
- ___ 1 lb. lean boneless pork chops, fat trimmed (6)

Refrigerator

- ___ 4 reduced-fat Swiss cheese slices (3)
- ___ 6 Sargento 4 Cheese Southwest Blends slices (5)

**This week's
meal plan**

- 1** Southwestern Turkey & Vegetable Pasta Dish
- 2** Chicken & Vegetables w/ Sweet Gravy
- 3** Cuban-Styled Grilled Paninis
- 4** Crunchy Asian Mandarin Orange Salad
- 5** Smothered Chicken Verde Burritos
- 6** Caesar Pork Chops & Salad