

Produce

- ___ 2 T. ginger, minced (1)
- ___ 1/2 orange, juiced (1)
- ___ 4 garlic cloves, minced (1)
- ___ 1 (14 oz.) bag coleslaw mix with shredded carrots (1)
- ___ 8 c. chopped romaine (2)
- ___ 1/2 c. strawberries (2)
- ___ 4 c. broccoli coleslaw mix (4)
- ___ 4 large romaine lettuce leaves (4)
- ___ 1 leek (5)
- ___ 1 carrot (5)
- ___ 1 celery stalk (5)
- ___ 1 c. chopped kale (5)

Meat

- ___ 1 lb. lean boneless pork chops (1)
- ___ 2 slices bacon, cooked and crumbled (2)
- ___ 1 lb. boneless, skinless chicken breasts (3)
- ___ 8 oz. thin sliced blackened turkey slices (4)
- ___ 2 lbs. 99% lean ground turkey (5,6)

**Canned/
Packaged**

- ___ 1 (8.5 oz.) bag basmati Ready Rice (1)
- ___ 1/4 c. slivered almonds (2)
- ___ 2 T. Kraft lite Raspberry Vinaigrette dressing (2)
- ___ 1 c. panko breadcrumbs (3)
- ___ 1/3 c. grated Parmesan cheese (3)
- ___ 1/2 c. light Thousand Island salad dressing (4)
- ___ 6 c. fat-free chicken broth
- ___ 1/3 c. Acini di Pepe no. 78 pasta (5)
- ___ 6 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps (6)
- ___ 1 (10.75 oz.) can condensed tomato soup (6)
- ___ 1/2 c. salsa (6)

**Spices/
Staples**

- ___ 5 t. extra virgin olive oil (1,5)
- ___ 3/4 c. flour (1,3)
- ___ 1/4 c. soy sauce (1)
- ___ 1 T. brown sugar (1)
- ___ 2 T. cornstarch (1)
- ___ 1 t. garlic salt (3)
- ___ Pepper (3)
- ___ Cooking spray (3,6)
- ___ 1/2 T. Mrs. Dash Garlic & Herb seasoning blend (5)
- ___ 1 t. dried oregano (5)
- ___ 1/2 t. garlic powder (5)
- ___ 1/2 t. dried parsley (5)
- ___ 1/4 c. Italian breadcrumbs (5)
- ___ 3 T. Worcestershire sauce (5,6)

Optional

- ___ Bag of frozen vegetables and applesauce for Recipe #3.
- ___ Black beans and/or corn for Recipe #6

Freezer**Misc.****Refrigerator**

- ___ 1/4 c. bleu cheese, crumbled (2)
- ___ 3 eggs (3,5)
- ___ 8 thin sliced Swiss cheese slices (4)
- ___ 1/3 c. reduced-fat shredded cheddar cheese (6)

**This week's
meal plan**

- 1 Simple Pork Stir Fry
- 2 Red, White & Bleu Salad
- 3 Crunchy Baked Chicken Fingers
- 4 Turkey Reuben Lettuce Wraps
- 5 Italian-Style Wedding Soup
- 6 Mexican Tortilla Skillet