

Produce

- ___ 12 c. chopped romaine lettuce (1)
- ___ 1 avocado (1)
- ___ 3 plum tomatoes (1,2)
- ___ 1/4 c. chopped onion (2)
- ___ 1 shallot (3)
- ___ 1 lb. brussel sprouts (3)
- ___ 1 apple (3)
- ___ 2 c. crinkle cut carrots (or more) (4)
- ___ 3 (6 oz.) medium potatoes (5)
- ___ 2-4 green onions, sliced (5,6)
- ___ 1-1/2 c. matchstick sliced carrots (6)
- ___ 1 medium zucchini (6)
- ___ 1 red bell pepper (6)
- ___ 8 oz. mushrooms, sliced (6)
- ___ 2 garlic cloves, minced (6)

**Canned/
Packaged**

- ___ 1/2 c. light blue cheese dressing (1)
- ___ 2 T. ketchup (2)
- ___ 1 T. mustard (2)
- ___ 1/4 c. chopped dill pickles (2)
- ___ 1 c. salsa (4)
- ___ 1 (1 oz.) packet Hidden Valley Original Ranch Salad Dressing & Seasoning Mix (4)
- ___ 4 T. light mayonnaise (4)
- ___ 8 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps (4)
- ___ 1/2 c. barbecue sauce (5)
- ___ 1/3 c. Honey Teriyaki Marinade (1 use KC Masterpiece brand) (6)
- ___ 1 (16 oz.) can chickpeas (6)
- ___ 1 (8 oz.) can water chestnuts (6)

**Spices/
Staples**

- ___ Cooking spray (2,5)
- ___ 1/2 T. garlic powder (2)
- ___ 1/2 t. sugar (2)
- ___ Salt (3,6)
- ___ Pepper (3)
- ___ 1 T. apple cider vinegar (3)
- ___ 1 T. sesame oil (6)

Freezer

- ___ 30 mini fillo shells (2)

Misc.**Refrigerator**

- ___ 2 hard-boiled eggs (1)
- ___ 1/2 c. reduced-fat crumbled blue cheese (1)
- ___ 2 T. plain non-fat Greek yogurt (2)
- ___ 1-1/4 c. reduced-fat shredded Monterey Jack cheese (2,5)
- ___ 1 T. light butter (3)
- ___ 1/4 c. fat-free milk (4)
- ___ 1/2 c. crumbled feta cheese (4)

Meat

- ___ 2 c. cooked chopped chicken breasts (1)
- ___ 7 slices center-cut bacon (1,3,5)
- ___ 1 lb. 99% lean ground turkey (2)
- ___ 4 cups cooked shredded chicken (3,5)
- ___ 1 lb. boneless, skinless chicken breasts (4)

**This week's
meal plan**

- 1 California Cobb Salad
- 2 Phyllo Cheeseburger Cups
- 3 Brussel Sprouts, Chicken, Bacon & Apple
- 4 Salsa Ranch Chicken Burritos
- 5 BBQ Chicken Twice Baked Potatoes
- 6 Vegetarian Honey Teriyaki Stir Fry