

## Produce

- \_\_\_ 12 oz. Italian or Romaine salad blend (about 8 c.) (1)
- \_\_\_ Sliced red onion, optional (1)
- \_\_\_ 3 medium carrots, coarsely chopped (2,6)
- \_\_\_ 1-1/2 onions, chopped (2,6)
- \_\_\_ 4 garlic clove, minced (2,4)
- \_\_\_ 2 T. fresh parsley, snipped (2)
- \_\_\_ 4 c. fresh spinach (4)
- \_\_\_ 2 celery ribs (6)
- \_\_\_ 6 c. torn escarole (or mustard greens) (6)

## Canned/Packaged

- \_\_\_ 2 T. sliced black olives (1)
- \_\_\_ 1/2 c. fat-free Italian salad dressing (1)
- \_\_\_ 1 c. onion and garlic seasoned croutons (1)
- \_\_\_ 1/4 c. lemon juice (2)
- \_\_\_ 1 (10.5 oz.) can 98% fat-free reduced-sodium condensed cream of chicken soup (2)
- \_\_\_ 4 (14.5 oz.) cans + 4 c. 100% fat-free chicken broth (2,4,6)
- \_\_\_ 2/3 c. uncooked long-grain white rice (2)
- \_\_\_ 2 T. tarter sauce or light mayonnaise (3)
- \_\_\_ 1 T. mustard (3)
- \_\_\_ 10 slices light bread (3)
- \_\_\_ 1 can (14.5 oz.) diced tomatoes with basil, garlic, and oregano (4)
- \_\_\_ 6 t. grated Parmesan cheese or shaved Parmesan cheese + more optional (4,6)
- \_\_\_ 1 (15 oz.) can black beans (5)
- \_\_\_ 1/2 c. Tostitos chunky salsa (5)
- \_\_\_ 1 (15 oz.) can white kidney or cannellini beans (6)
- \_\_\_ 1 (14.5 oz.) can diced tomatoes, undrained (6)
- \_\_\_ 1 c. uncooked mini farfelle pasta (or bow tie pasta) (6)

## Spices/Staples

- \_\_\_ Cooking spray (2)
- \_\_\_ Pepper (2,4,6)
- \_\_\_ 1 t. sugar (3)
- \_\_\_ 3 T. olive oil (4,5,6)
- \_\_\_ 3 t. Mrs. Dash Southwest Chipotle seasoning (5)
- \_\_\_ 1/2 c. Marsala cooking wine (6)
- \_\_\_ 1 t. dried basil (6)
- \_\_\_ 1 t. dried thyme (6)
- \_\_\_ 1 t. oregano (6)
- \_\_\_ Salt (6)

## Misc.

## Meat

- \_\_\_ 2 oz. (about 24 slices) pepperoni (1)
- \_\_\_ 1 lb. boneless, skinless chicken breasts, cubed (2) & 4 (4 oz.) boneless, skinless chicken breasts (5)
- \_\_\_ 1 c. cooked chopped or shredded chicken (4)

## Freezer

- \_\_\_ 9 oz. frozen or refrigerated cheese tortellini (4)
- \_\_\_ 1 c. frozen corn (5)

## Refrigerator

- \_\_\_ 1 c. (4 oz.) shredded part-skim mozzarella cheese (1)
- \_\_\_ 6 hard-boiled eggs (3)
- \_\_\_ 1/4 c. Reduced Fat Shredded Mexican cheese (5)

## This week's meal plan

- 1 Italian-Style Pepperoni Pizza Salad
- 2 Chicken Lemon Rice Soup
- 3 Egg Salad Sandwiches
- 4 Hearty Tortellini & Chicken Soup
- 5 Southwest Chipotle Blackened Chicken & Black Beans
- 6 Italian Vegetable Soup