

## Produce

- \_\_\_ 1 (6 oz.) bag sweet butter lettuce (This is a mix of green butter lettuce and red leaf lettuce...but any lettuce will do.) (1)
- \_\_\_ 1/2 c. shredded or matchstick carrots (1) + 2-3 carrots (2,3)
- \_\_\_ 4 celery stalks (1,2)
- \_\_\_ 3-1/2 onions (2,3,6)
- \_\_\_ 4 garlic cloves, minced (2,3)
- \_\_\_ 1 (10 oz.) package mushrooms, sliced (3)
- \_\_\_ 2 c. fresh baby spinach leaves (5)
- \_\_\_ 2 medium potatoes (6)

## Canned/ Packaged

- \_\_\_ 2 T. hot picante sauce (1)
- \_\_\_ 1/2 c. light blue cheese dressing (I used Ken's Steak House Lite Chunky Blue Cheese Dressing) (1)
- \_\_\_ 6-1/2 c. fat-free chicken broth (2,4)
- \_\_\_ 3/4 c. DaVinci Alphabet pasta (2)
- \_\_\_ 1 c. red cooking wine (3)
- \_\_\_ 1 T. tomato paste (3)
- \_\_\_ 4 oz. uncooked angel hair pasta, optional side dish (4)
- \_\_\_ 1 T. lemon juice (4)
- \_\_\_ 1 t. dijon mustard (4)
- \_\_\_ 3/4 c. tomato and basil spaghetti sauce (5)
- \_\_\_ 6 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps (5)
- \_\_\_ 1 (2 oz.) packet dry onion soup mix (6)

## Spices/ Staples

- \_\_\_ Cooking spray (2,4,5)
- \_\_\_ 1-1/8 t. ground thyme (2,3,4)
- \_\_\_ 1-1/2 T. extra virgin olive oil (3,4)
- \_\_\_ 1/3 c. + 1 T. flour (3,4)
- \_\_\_ Salt (3,4,6)
- \_\_\_ Pepper (3,4,6)
- \_\_\_ 1 t. Italian seasoning (4)
- \_\_\_ 1/2 t. onion powder (4)
- \_\_\_ 1/2 t. garlic powder (4)
- \_\_\_ 1/2 t. cornstarch (4)
- \_\_\_ 1/3 c. Parmesan cheese (5)

## Meat

- \_\_\_ 1/2 lb. medium shrimp, peeled and deveined (1)
- \_\_\_ 3-1/2 lb. skinless, boneless chicken breasts (2,4,6)
- \_\_\_ 1 lb. lean trimmed boneless chuck steak (3)
- \_\_\_ 1 lb. 99% lean ground turkey (5)

## Freezer

- \_\_\_ 1 (10 oz.) bag frozen broccoli or fresh broccoli, optional side dish (4)

## Refrigerator

- \_\_\_ 2 T. light butter (1,6)
- \_\_\_ 1/3 c. reduced-fat blue cheese (1)
- \_\_\_ 1/2 c. light sour cream (4)
- \_\_\_ 3/4 c. reduced fat shredded mozzarella cheese (5)

## Misc.

## This week's meal plan

- 1 Buffalo Shrimp Salad
- 2 Chicken Noodle "MPM" Soup
- 3 Slow Cooker Beef Burgundy
- 4 Lemon Chicken Scallopini
- 5 Turkey Parmesan Quesadillas
- 6 Onion Chicken & Potatoes