

Produce

- ___ 1 c. matchstick carrots (1)
- ___ 2 red bell peppers (1,3)
- ___ 2 green bell peppers (1,3)
- ___ 4-5 medium tomatoes (2,4)
- ___ 1/4 cup fresh basil (2)
- ___ 5 garlic cloves, minced (2,3)
- ___ 3 c. fresh baby spinach (2)
- ___ 1 yellow bell pepper (3)
- ___ 1 red onion (3)
- ___ 1 jalapeño pepper (3)
- ___ 1 lime, juiced (about 2 T. lime juice) (3)
- ___ 8-12 large lettuce leaves (4)
- ___ 4 fresh asparagus spears (4)

Canned/ Packaged

- ___ 1 (8 oz.) can pineapple chunks (1)
- ___ 1 (8.8 oz.) package Uncle 1 pkg. Ben's Whole Grain Brown Ready Rice (1)
- ___ 2 c. Creamette 150 rotini (2)
- ___ 1 (1 oz.) packet taco seasoning + 2 T. taco seasoning from a taco seasoning packet (3,4)
- ___ 1/2 c. dry breadcrumbs (4)
- ___ 1/4 c. lite Catalina salad dressing (4)
- ___ 1/2 c. crispy onions (4)
- ___ 1/3 c. light mayonnaise (5)
- ___ 1 T. honey mustard (5)
- ___ 1/2 c. instant mashed potato flakes (6)

Spices/ Staples

- ___ Cooking spray (1,3,4,6)
- ___ Salt (1,2,6)
- ___ Pepper (1,2,6)
- ___ 1 T. vinegar (1)
- ___ 1/2 T. soy sauce (1)
- ___ 2 T. packed brown sugar (1)
- ___ 1-1/2 T. cornstarch (1)
- ___ 1/2 t. sesame seeds, optional (1)
- ___ 3 T. + 2 t. extra virgin olive oil (2,6)
- ___ 1 T. lemon juice (2)
- ___ 1 T. grated Parmesan cheese (6)
- ___ 1 t. paprika (6)
- ___ 1/2 t. Italian seasoning (6)
- ___ 1/4 t. garlic powder (6)
- ___ 1/4 t. onion powder (6)
- ___ 1/4 c. flour (6)

Meat

- ___ 1 lb. large shrimp (1)
- ___ 1 lb. flat iron steak (3)
- ___ 1 lb. 99% lean ground turkey (4)
- ___ 4 (4 oz.) boneless, skinless chicken breasts (5)
- ___ 4 slices thin-sliced deli ham (5)
- ___ 8 slices uncooked turkey bacon (5)
- ___ 4 (4 oz.) cod fillets (6)

Refrigerator

- ___ 1 c. shredded reduced-fat mozzarella cheese (2)
- ___ 12 egg roll wrappers (3)
- ___ 1/2 c. reduced-fat shredded Mexican cheese (3)
- ___ 3 eggs (3,4,6)
- ___ 1/2 c. reduced fat shredded Monterey Jack cheese (4)
- ___ 4 slices thin-sliced provolone cheese slices (5)

Misc.

This week's meal plan

- 1 Sweet & Sour Shrimp Stir Fry
- 2 Bruschetta Pasta Salad
- 3 Southwest Steak Egg Rolls
- 4 Catalina Taco Turkey Lettuce Wraps
- 5 Bacon Wrapped Chicken Roulades
- 6 Potato Crusted Cod