

Produce

- ___ 2 medium zucchinis (1,2)
- ___ 13 garlic cloves, minced (1,2,4,6)
- ___ 3 T. fresh basil (1,2)
- ___ 5 T. fresh parsley (2,6)
- ___ 2 onions (2,5,6)
- ___ 1 carrot (2)
- ___ 2-1/2 c. baby spinach (2)
- ___ 1 bunch asparagus (4)

**Canned/
Packaged**

- ___ 1 T. Dijon mustard (1)
- ___ 1 T. honey (1)
- ___ 1/2 c. + 2 T. marinara sauce (2)
- ___ 4 cups beef broth (2)
- ___ 1 (14.5 oz) can navy beans (2)
- ___ 1 (15 oz.) can diced tomatoes (2)
- ___ 3/4 c. salsa (3,5)
- ___ 4 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps or other 1 WW SP tortillas (3)
- ___ 1/4 c. canned mushrooms (3)
- ___ 2 T. soy sauce (4)
- ___ 1/2 t. lemon juice (4)
- ___ 1/4 c. ketchup (5)
- ___ 2 T. tomato paste (5)
- ___ 8 light buns (5)
- ___ 1-1/2 c. bow tie pasta (6)
- ___ 1 c. fat-free chicken broth (6)

**Spices/
Staples**

- ___ 1/3 c. + 1/4 c. Italian seasoned breadcrumbs (1,2)
- ___ 1/4 t. + 1/2 t. paprika (1,4)
- ___ 1/4 t. garlic powder (1)
- ___ 2-1/2 T. extra virgin olive oil (1,2,6)
- ___ Salt (1,2,4,6)
- ___ Cooking spray (1,2,3,5)
- ___ 5 T. + 1/3 c. grated Parmesan cheese (1,2,6)
- ___ Pepper (2,4,6)
- ___ 2 t. Italian seasoning (2)
- ___ 3 T. brown sugar (4,5)
- ___ 1 t. onion powder (5)
- ___ 1 t. chili powder (5)
- ___ 1 T. cornstarch (6)

Freezer

- ___ 1/4 c. frozen peas (6)

Misc.**Meat**

- ___ 2 lb. skinless, boneless chicken breasts (1,6)
- ___ 2 lb. 99% lean ground turkey (2,5)
- ___ 24 thin sliced turkey slices (3)
- ___ 4 (4 oz.) salmon fillets (4)
- ___ 8 Hebrew National 97% fat-free beef franks (5)
- ___ 3 strips Oscar Mayer fully cooked bacon (6)

Refrigerator

- ___ 1/4 c. light butter (1,4,6)
- ___ 1/2 c. reduced-fat shredded mozzarella cheese (1)
- ___ 1 egg (2)
- ___ 3/4 c. reduced-fat shredded Pepper Jack cheese (3)
- ___ 1/2 c. reduced-fat shredded cheddar cheese (5)
- ___ 2 creamy light Laughing Cow cheese wedges (6)
- ___ 1/2 c. fat-free half-and-half (6)

**This week's
meal plan**

- 1** Seasoned Chicken & Zucchini Sauté
- 2** Italian Meatball & Vegetable Soup
- 3** Turkey Jack Quesadillas
- 4** Garlic Brown Sugar Salmon & Asparagus
- 5** Chili Cheese Dogs
- 6** Skinny Chicken Carbonara