

## Produce

- \_\_\_ 10-11 garlic cloves, minced (1,4,5,6)
- \_\_\_ 1 lb. potatoes (1)
- \_\_\_ 6 medium carrots (1,4)
- \_\_\_ 3 small onions (1,3,5)
- \_\_\_ 2 c. romaine lettuce or baby spinach (2)
- \_\_\_ 1 tomato (2)
- \_\_\_ 1/2 avocado (2)
- \_\_\_ 1/4 c. cilantro, optional (3)
- \_\_\_ 1 T. lime juice (3)
- \_\_\_ 1-1/2 t. ground ginger (4,6)
- \_\_\_ 1 bok choy (4)
- \_\_\_ 4 oz. mushrooms, sliced (4)
- \_\_\_ 1/2 red onion (4)
- \_\_\_ 1 red bell pepper (4)
- \_\_\_ 1 yellow bell pepper (4)
- \_\_\_ 1 large head cauliflower (6)
- \_\_\_ 1 head broccoli (6)
- \_\_\_ 1 large orange, juiced (6)

Canned/  
Packaged

- \_\_\_ 1/2 c. V-8 juice (1)
- \_\_\_ 2 T. + 1/3 c. ketchup (1,5)
- \_\_\_ 1-1/2 t. Dijon mustard (2,5)
- \_\_\_ 1 c. quinoa (3)
- \_\_\_ 1 (15 oz.) can black beans (3)
- \_\_\_ 1 (14.5 oz.) can diced tomatoes (3)
- \_\_\_ 1 (8 oz.) can tomato sauce (3)
- \_\_\_ 1 (4.5 oz.) can diced chiles (3)
- \_\_\_ 1 (15 oz.) can corn (3)
- \_\_\_ 5 T. lemon juice (4,6)
- \_\_\_ 5 T. soy sauce (4,6)
- \_\_\_ 1/2 c. fat-free chicken broth (5)
- \_\_\_ 7 light hamburger buns (5)
- \_\_\_ 1/4 c. chicken broth (6)
- \_\_\_ 1/4 t. sesame seeds, optional (6)

Spices/  
Staples

- \_\_\_ 4 T. flour (1,2,6)
- \_\_\_ 2 T. extra virgin olive oil (1,2)
- \_\_\_ Cooking spray (1,3)
- \_\_\_ 2 T. apple cider vinegar (1)
- \_\_\_ 1/2 T. sugar (1)
- \_\_\_ Salt (1,2,3,4,5)
- \_\_\_ Pepper (1,2,4)
- \_\_\_ 1-1/2 c. self-rising flour (2)
- \_\_\_ 2 T. red wine vinegar (2,5)
- \_\_\_ 1 t. Italian seasoning (2)
- \_\_\_ 1 t. cumin (3)
- \_\_\_ 1 t. onion powder (3)
- \_\_\_ 1 t. garlic powder (3)
- \_\_\_ 4 T. + 1/2 t. brown sugar (3,5,6)
- \_\_\_ 3 T. sesame oil (4,6)
- \_\_\_ 1 t. Worcestershire sauce (5)
- \_\_\_ 1/8 t. paprika (5)
- \_\_\_ 2 T. cornstarch (5,6)
- \_\_\_ 1 T. rice wine vinegar (6)
- \_\_\_ 1/4 t. red pepper flakes (6)

## Meat

- \_\_\_ 1 lb. top round steak (1)
- \_\_\_ 1 lb. thin sliced boneless, skinless chicken breasts (2)
- \_\_\_ 4 strips Oscar Mayer fully cooked bacon (2)
- \_\_\_ 1 lb. 99% lean ground turkey (3)
- \_\_\_ 3 lb. skinless, boneless chicken breasts (4,5,6)

## Freezer

- \_\_\_ 1/2 c. frozen corn (4)

## Refrigerator

- \_\_\_ 1-1/2 c. nonfat plain Greek yogurt (2)
- \_\_\_ 3 T. light butter (2,3,6)
- \_\_\_ 2 hard-boiled eggs (2)
- \_\_\_ 1/2 c. reduced-fat crumbled blue cheese (2)
- \_\_\_ 3/4 c. reduced fat shredded cheddar cheese (3)

This week's  
meal plan

- 1 Slow Cooker Beef Pot Roast
- 2 California Cobb Sandwiches
- 3 Mexican Haystack Bowls
- 4 Lemon Sesame Asian Stir Fry
- 5 Slow Cooker BBQ Chicken Sandwiches
- 6 Orange Chicken w/ Cauliflower Rice