

**Produce**

- \_\_\_ 10 garlic cloves, minced (1,2,3,6)
- \_\_\_ 1 celery stalk, chopped (1)
- \_\_\_ 8 oz. mushrooms, sliced (1)
- \_\_\_ 2 onions, chopped (3,4)
- \_\_\_ 1 small cabbage (3)
- \_\_\_ 1 small spaghetti squash (4)

**Canned/  
Packaged**

- \_\_\_ 1 (8.5 oz.) package Uncle Ben's Ready Brown & Wild Rice (1)
- \_\_\_ 1/2 c. fat-free chicken broth (2)
- \_\_\_ 2 T. Worcestershire sauce (2,4)
- \_\_\_ 2 (28 oz.) cans diced tomatoes (3)
- \_\_\_ 2 c. beef broth (3)
- \_\_\_ 1 (15 oz.) can tomato sauce (4)
- \_\_\_ 1 (14.5 oz.) can diced tomatoes (4)
- \_\_\_ 1 (6 oz.) can tomato paste (4)
- \_\_\_ 6 Ole Extreme Wellness High Fiber Low Carb wraps, or other 1 WW SP tortillas (5)
- \_\_\_ 3/4 c. salsa con queso (5)
- \_\_\_ 1-1/3 c. canned fat-free refried beans (5)
- \_\_\_ 3/4 c. Panko breadcrumbs (6)
- \_\_\_ 1/4 c. oil-packed sun-dried tomatoes (6)
- \_\_\_ 2 T. grated Parmesan cheese (6)
- \_\_\_ 1 T. lemon juice (6)

**Spices/  
Staples**

- \_\_\_ 1 t. celery salt (1)
- \_\_\_ 2 t. garlic powder (1,4)
- \_\_\_ 1-1/2 t. onion powder (1,6)
- \_\_\_ 2 t. oregano (1,3)
- \_\_\_ 4 t. extra virgin olive oil (2,3)
- \_\_\_ 2 T. brown sugar (2,3)
- \_\_\_ 2 t. cornstarch (2)
- \_\_\_ 2 t. dried basil (3)
- \_\_\_ Salt (3,4,6)
- \_\_\_ Pepper (3,4)
- \_\_\_ 1 T. sugar (4)
- \_\_\_ 4 t. dried parsley (4,6)
- \_\_\_ 1/2 t. Italian seasoning (4)
- \_\_\_ Dash of crushed red pepper flakes (4)
- \_\_\_ Cooking spray (5,6)
- \_\_\_ 1 (1 oz.) packet Taco Bell taco seasoning (5)
- \_\_\_ 1 t. paprika (6)
- \_\_\_ 2 T. flour (6)
- 4 (4 oz.) boneless, skinless chicken breasts
- \_\_\_ 1/4 c. cooking white wine (6)

**Freezer**

- \_\_\_ 1 (10 oz.) bag of frozen Spring vegetables (2)
- \_\_\_ 1 (10 oz.) package frozen chopped spinach (4)

**Misc.****Meat**

- \_\_\_ 1 lb. boneless, skinless chicken breasts + 8 (4 oz.) boneless, skinless chicken breasts (1,2,6)
- \_\_\_ 1 (9.6 oz.) package Jimmy Dean Fully Cooked Turkey Sausage Crumbles (3)
- \_\_\_ 2 lb. 99% lean ground turkey (4,5)

**Refrigerator**

- \_\_\_ 2 T. light butter (1,6)
- \_\_\_ 1 Laughing Cow Garlic and Herb cheese wedge (1)
- \_\_\_ 3/4 c. reduced-fat shredded mozzarella cheese (4)
- \_\_\_ 3/4 c. light sour cream (5)
- \_\_\_ 3/4 c. reduced-fat shredded Mexican cheese (5)
- \_\_\_ 1 egg (6)
- \_\_\_ 1/4 c. fat free half-and-half (6)
- \_\_\_ 2 T. light cream cheese (6)

**This week's  
meal plan**

- 1 Mushroom Chicken w/ Wild Rice
- 2 Chickpea Caprese Pizzas
- 3 Hearty Sausage & Cabbage Soup
- 4 Spaghetti Squash w/ Spinach Tomato Ragu
- 5 Copycat 5-Layer Burritos
- 6 Crispy Chicken w/ Sun-Dried Tomato Sauce