

Produce

- ___ 1 bunch of broccoli, with stems attached (1)
- ___ 10 garlic cloves, minced (1,2,3,5)
- ___ 2 c. cherry tomatoes (optional) (2,5)
- ___ 1 avocado (2)
- ___ 8 oz. mushrooms, sliced (3)
- ___ 2 medium carrots (3)
- ___ 1 T. fresh minced ginger (3)
- ___ 4 green onions, sliced (3,4)
- ___ 1 pear (4)
- ___ 2 c. arugula (4)
- ___ 1 zucchini (5)
- ___ 1 small red onion (5)
- ___ 5 oz. (about 8 c.) salad greens (I used a mix of baby spinach, baby chard, and baby green kale) (6)

Canned/
Packaged

- ___ 3/4 c. salsa (2)
- ___ 1 (4.5 oz.) can mild chopped green chiles (2)
- ___ 1 t. lime juice (2)
- ___ 1 (15 oz.) can + 1 c. canned black beans (2,6)
- ___ 8 tostada shells (2)
- ___ 4 c. vegetable broth (3)
- ___ 1 T. soy sauce (3)
- ___ 1 (3 oz.) package Ramen noodles (seasoning packet discarded) (3)
- ___ 4 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas (4)
- ___ 2 T. apricot preserves (4)
- ___ 4 oz. Protein Plus penne pasta (5)
- ___ 3 T. Olive Garden light Italian dressing (5)
- ___ 1 (15.25 oz.) can Southwest corn (6)
- ___ 4 tostada shells (or 20 tortilla chips or 1 c. tortilla strips) (6)
- ___ 1/2 c. Kraft light Ranch dressing (6)

Spices/
Staples

- ___ 2 T. extra virgin olive oil (1)
- ___ Salt (1,5,6)
- ___ Pepper (1,5,6)
- ___ 1 T. sesame seeds (1)
- ___ 1 T. poppy seeds (1)
- ___ 1 t. garlic powder (1)
- ___ 1 t. chili powder (2)
- ___ 1/4 t. ground red (cayenne) pepper (2)
- ___ 2 t. sesame oil (3)
- ___ Cooking spray (4,5)
- ___ 1 T. Parmesan cheese (5)

Meat

- ___ 4 (4 oz.) boneless, skinless chicken breasts (1) + 2 lbs. boneless, skinless chicken breasts (2,6)
- ___ 6 oz. small or medium shrimp, peeled and tails off (3)
- ___ 4 oz. shaved deli honey ham (4)
- ___ 4 sliced center cut bacon strips (6)

Refrigerator

- ___ 1 egg (1)
- ___ 1-3/4 c. reduced-fat shredded mozzarella cheese (2,5)
- ___ 1/3 c. reduced fat crumbled goat cheese (4)
- ___ 1 oz. light cream cheese (4)
- ___ 1/2 c. reduced-fat shredded Colby Jack cheese (6)

Misc.

Optional sides:

- ___ Salad with remaining arugula and salad dressing (4)

Freezer

This week's
meal plan

- 1 Double Seeded Chicken & Broccoli
- 2 Chicken Tostadas
- 3 Asian Shrimp Ramen Soup
- 4 Ham Pear & Goat Cheese Pizzas
- 5 Italian Penne & Veggies
- 6 Southwest Chicken Bacon Ranch Salad