

Produce

- ___ 2 c. grated zucchini (about 1 zucchini) (1)
- ___ 4 carrots (2,5)
- ___ 1 celery stalk (2)
- ___ 2 onions (2,5)
- ___ 1 c. baby arugula or baby spinach (2)
- ___ 8 c. baby spinach or salad greens (4)
- ___ 8 oz. mushrooms, sliced (4)
- ___ 1 shallot, diced (4)
- ___ 1-1/2 lbs. potatoes (5)
- ___ 2 garlic cloves, minced (5)
- ___ 1 red bell pepper (6)
- ___ 2-3 green onions (6)

Canned/
Packaged

- ___ 3/4 c. grated Parmesan cheese (1,2,6)
- ___ 1/4 c. spaghetti sauce (1)
- ___ 4 c. fat-free beef broth (2)
- ___ 1 (15.5 oz.) can garbanzo beans (2)
- ___ 1 (15.5 oz.) can kidney beans (2)
- ___ 1 (14.5 oz.) can Italian-style tomatoes (tomatoes with basil, oregano, etc.) (2)
- ___ 1/2 c. quick pearled barley (2)
- ___ 3 Ole Xtreme 8-inch wraps, or other 1 WW SP tortillas (3)
- ___ 3/4 c. fat-free canned chili with beans (3)
- ___ 1 T. red wine vinegar (4)
- ___ 1/4 c. + 1 t. light mayonnaise (4,6)
- ___ 1-2/3 c. fat-free chicken broth (5,6)
- ___ 1/2 t. Dijon mustard (4)
- ___ 1 (8 oz.) can tomato sauce (5)
- ___ 3 (5 oz.) pouches salmon (6)
- ___ 1 (6 oz.) package herb-seasoned dry stuffing mix (I used Stove Top Savory Herb) (6)
- ___ 1 t. lemon juice (6)

Spices/
Staples

- ___ 3/4 c. flour (1)
- ___ 1 t. onion powder (1)
- ___ 1 t. pizza seasoning (or Italian seasoning) (1)
- ___ 1/2 t. garlic powder (1)
- ___ Salt (1,4,5)
- ___ 3 T. extra virgin olive oil (2,4)
- ___ 1/2 t. chili powder (2)
- ___ 1/4 t. cumin (2)
- ___ Cooking spray (4,5,6)
- ___ 2 t. Garlic & Herb seasoning (5)

Meat

- ___ 12 slices turkey pepperoni (1)
- ___ 6 (97% fat-free) Hebrew National franks (3)
- ___ 1 lb. lean round steak (4)
- ___ 1 lb. 95% lean ground beef (5)

Refrigerator

- ___ 5 eggs (1,3,6)
- ___ 3/4 c. reduced fat shredded mozzarella cheese (1)
- ___ 3/8 c. reduced-fat shredded Colby Jack or cheddar cheese (3)
- ___ 1/2 c. reduced-fat crumbled blue cheese (4)
- ___ 2 T. light sour cream (5)

Misc.

OPTIONAL SIDES:

- ___ Spinach salad with favorite vinaigrette dressing or light Ranch dressing (1)
- ___ Applesauce and/or carrot slices with light Ranch dressing (3)
- ___ Corn and peach slices (6)

Freezer

- ___ 1 c. frozen peas (5)
- ___ 1 c. frozen corn (5)

THIS WEEK'S
MEAL PLAN

- 1 Zucchini Crust Pepperoni Pizza
- 2 Bean and Barley Soup
- 3 Chili Cheese Pigs in a Blanket
- 4 Steak Mushroom and Blue Cheese Salad
- 5 Shepherd's Pie
- 6 Salmon Loaf