

Produce

- ___ 1 shallot (1)
- ___ 4 garlic cloves (1,2)
- ___ 1/4 c. fresh basil (2)
- ___ 4 slices tomato (2)
- ___ 1 c. fresh baby arugula (optional) (2)
- ___ 6 T. diced red onion (3,6)
- ___ 1/4 c. cilantro, snipped (3)
- ___ 1/2 lime, juiced (optional) (3)
- ___ 8 oz. cherry tomatoes (4)
- ___ 1/2 avocado (6)

Canned/ Packaged

- ___ 2/3 c. red cooking wine (1)
- ___ 1/2 c. fat free beef broth (1)
- ___ 1/2 c. light mayonnaise (2,6)
- ___ 7 T. grated Parmesan cheese (2,4,5)
- ___ 4 bagel thins (2)
- ___ 12 crunchy taco shells (3)
- ___ 1-1/2 c. salsa verde (green salsa) (3)
- ___ 3 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas (4)
- ___ 1 (15 oz.) jar Classico Light Creamy Alfredo sauce (4)
- ___ 1 T. soy sauce (5)
- ___ 1 (12 oz.) can tuna in water, drained (Starkist, Bumble Bee, or Chicken of the Sea brand) (6)
- ___ 1 T. sweet pickle relish (6)
- ___ 1 t. Worcestershire sauce (6)
- ___ 12 slices Aunt Millie's Healthy Goodness Light Whole Grain Bread, or other 1 WW SP slices of bread (6)

Spices/ Staples

- ___ Salt (1,2,4,5)
- ___ Pepper (1,2,4,5)
- ___ 3 T. extra virgin olive oil (1,2,4,5)
- ___ 1 T. flour (1)
- ___ 1 t. garlic powder (4)
- ___ Pinch of nutmeg (4)
- ___ 1 T. brown sugar (5)
- ___ 2 T. Dijon mustard (5)
- ___ 1 T. honey (5)
- ___ Cooking spray (5)
- ___ 1 t. sugar (6)
- ___ 1/2 t. lemon pepper seasoning (1 used McCormick brand) (6)

Refrigerator

- ___ 1-1/2 T. light butter (1,5)
- ___ 4 slices thin-sliced provolone cheese (2)
- ___ 3/4 c. reduced-fat crumbled feta cheese (3)

Freezer

- ___ 1 (12 oz.) bag of frozen microwaveable broccoli (4)
- ___ 1 (12 oz.) bag frozen Asian medley vegetables (a mix of broccoli, carrots, baby cob corn, and sugar snap peas) (5)

Meat

- ___ 4 (4 oz. each) lean beef strip sirloin steaks (1)
- ___ 4 (4 oz. each) boneless, skinless chicken breasts (2) + 2-1/2 lbs. boneless, skinless chicken breasts (3,4)
- ___ 3 slices bacon (4)
- ___ 4 (6 oz.) salmon fillets (5)

Misc.

OPTIONAL SIDES:

- ___ Side salad with favorite dressing (2)
- ___ Carrot chips with Ranch dressing (6)

THIS WEEK'S MEAL PLAN

- 1 Pan Seared Steak w/ Parmesan Veggies
- 2 Pesto Mayo Chicken Paninis
- 3 Salsa Verde Chicken Tacos w/ Feta
- 4 Chicken Bacon "Fettuccine" Alfredo
- 5 Honey Mustard Salmon w/ Parmesan Veggies
- 6 Tuna Avocado Sandwiches