

Produce

- ___ 2 onions (2,5)
- ___ 1-1/2 green pepper (3,5)
- ___ 1/2 red onion (3)
- ___ 4 ounces mushrooms, chopped (3)
- ___ 2 lbs. zucchinis, spiralized (approximately 4-8 zucchinis, depending on the size of the zucchinis) (4)
- ___ 2 garlic cloves, minced (4)
- ___ 1 lb. potatoes (approximately 2 medium potatoes) (5)
- ___ 1 red bell pepper (5)

Canned/ Packaged

- ___ 1/4 c. pistachios, dry roasted with salt and without shells (1)
- ___ 2 T. Panko breadcrumbs (1)
- ___ 1/2 c. grated Parmesan cheese (1,3,4)
- ___ 3 T. honey mustard (1)
- ___ 2 (15.5 oz.) cans of beans (any combination of kidney, cannellini, pinto, or black beans...I used 1 can of kidney and 1 can of cannellini beans) (2)
- ___ 1 (14.5 oz.) can fire roasted corn (2)
- ___ 1 c. beef broth (2)
- ___ 1/2 c. salsa (2)
- ___ 1/3 c. barbecue sauce (2)
- ___ 1 c. Prego Pizzeria Style pizza sauce (3)
- ___ 1 T. lemon juice (4)
- ___ 1/4 c. reduced calorie syrup (5)
- ___ 2 T. raspberry preserves (6)

Spices/ Staples

- ___ Cooking spray (1,5,6)
- ___ Salt (3)
- ___ 1 t. oregano (3)
- ___ 1 t. garlic powder (3)
- ___ 1 t. onion powder (3)
- ___ 2 T. + 1 t. extra virgin olive oil (4,5)
- ___ 1 (.5 oz.) packet of Pesto sauce mix (4)

Meat

- ___ 4 (6 oz. each) salmon fillets (1)
- ___ 2 lbs. 95% lean ground beef (2,3)
- ___ 1 lb. 99% lean ground turkey (3)
- ___ 2 oz. turkey pepperoni (3)
- ___ 1/4 c. real bacon bits (3)
- ___ 1-1/2 lbs. medium cooked shrimp (4)
- ___ 13 oz. smoked turkey sausage (5)
- ___ 4 (4 oz. each) boneless, skinless chicken breasts (6)
- ___ 8 slices Oscar Mayer fully cooked bacon (6)

Refrigerator

- ___ 1-1/2 c. reduced-fat shredded cheddar cheese (2)
- ___ 2 eggs (3)
- ___ 2 c. reduced-fat shredded mozzarella cheese (3)
- ___ 3 White Cheddar Flavored Laughing Cow cheese wedges (6)

Misc.

OPTIONAL SIDES:

- ___ Canned fire roasted corn (1)
- ___ Side salad with favorite dressing (3)
- ___ Canned peas or green beans (6)

Freezer

THIS WEEK'S MEAL PLAN

- 1 Roasted Pistachio Crusted Salmon
- 2 BBQ Beef & Bean Stew
- 3 Meatzza Supreme
- 4 Pesto Zoodles with Shrimp
- 5 Lumberjack Sausage & Maple Stir Fry
- 6 Bacon Topped Raspberry Chicken