

Produce

- ___ 1 (5 oz.) bag baby spinach (1)
- ___ 2 carrots, shredded and chopped (1)
- ___ 4-5 green onions (1,4)
- ___ 2 onions (2,3)
- ___ 2 garlic cloves, minced (3)
- ___ 1 red bell pepper (4)
- ___ 4 large iceberg or romaine lettuce leaves (4)
- ___ 1/2 red onion (5)
- ___ 1 T. fresh parsley (5)

Canned/ Packaged

- ___ 2-3/4 c. fat-free chicken broth (1,3)
- ___ 1/2 c. uncooked couscous (1)
- ___ 7 t. Marsala cooking wine (1)
- ___ 2 (16 oz.) cans fat-free refried beans (2)
- ___ 3/4 c. red taco sauce (2)
- ___ 8 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas (2)
- ___ 1 (15.5 oz.) can chick peas (3)
- ___ 1 (15.25 oz.) can corn (3)
- ___ 1 (14.5 oz.) can diced tomatoes (3)
- ___ 2 T. jarred basil pesto sauce (3)
- ___ 2 (5 oz.) skinless and boneless Salmon pouches (4)
- ___ 2 T. light mayonnaise (5)
- ___ 2 T. light Ranch salad dressing (5)
- ___ 2 T. shelled, roasted, and salted pistachios (5)
- ___ 6 T. grated Parmesan cheese (5,6)
- ___ 1/2 c. reduced fat spaghetti sauce (5)
- ___ 4 oz. Radiatore pasta (6)
- ___ 1 (1.6 oz.) packet dry Knorr's Garlic & Herb Sauce Mix (6)
- ___ 1 (10.5 oz.) can fat-free condensed cream of chicken soup (6)

Spices/ Staples

- ___ 4 t. toasted sesame oil (1)
- ___ 1/4 c. flour (1)
- ___ 3 t. garlic powder (1,5)
- ___ 1 t. onion powder (1)
- ___ 1 T. + 1-1/2 t. chili powder (1,2,3)
- ___ Salt (1,3)
- ___ Pepper (1)
- ___ Cooking spray (2)
- ___ 2 t. Italian seasoning (3,5)
- ___ 1/2 t. cumin (3)
- ___ 2 T. teriyaki sauce (4)
- ___ 1/4 c. breadcrumbs (4)
- ___ 2 T. red wine vinegar (5)
- ___ 2 T. extra virgin olive oil (4)
- ___ 1 t. brown sugar (5)
- ___ 1 c. self-rising flour (5)

Refrigerator

- ___ 1 c. reduced fat shredded Monterey Jack cheese (2)
- ___ 1/2 c. whipped cream cheese (3)
- ___ 1 egg (4)
- ___ 2 T. light butter (5,6)
- ___ 1 c. nonfat Greek yogurt (5)
- ___ 1/4 c. reduced-fat shredded mozzarella cheese (5)

Freezer

- ___ 1 (16 oz.) bag frozen California blend vegetables (a mix of broccoli, cauliflower, and carrots) (6)
- ___ 1 c. frozen corn (6)

Meat

- ___ 6 (4 oz. each) tilapia fillets (1)
- ___ 2 lb. boneless, skinless chicken breasts (3,6)
- ___ 4 oz. smoked deli ham (5)
- ___ 1 oz. mini pepperoni (5)

Misc.

OPTIONAL SIDES:

- ___ Applesauce and cottage cheese (2)
- ___ Red bell pepper slices with hummus or light Ranch dressing (4)
- ___ Side salad w/ favorite dressing (5)

THIS WEEK'S MEAL PLAN

- 1 Pan-Fried Tilapia w/ Couscous Salad
- 2 Bean Burritos
- 3 Slow Cooker Pantry Chicken Soup
- 4 Teriyaki Salmon Lettuce Wraps
- 5 Italian Sub Pizzas
- 6 Chicken Pasta Primavera