

Produce

- ___ 3-1/2 c. baby spinach (1,6)
- ___ 1 green onion (2)
- ___ 2 c. coleslaw mix (2)
(packaged shredded cabbage and carrots)
- ___ 3 carrots (3,5)
- ___ 1 red bell pepper (3)
- ___ 1 green bell pepper (3)
- ___ 2 celery stalks (5,6)
- ___ 2 small onions (5,6)
- ___ 4 oz. mushrooms, sliced or chopped (5)
- ___ 7 garlic cloves, minced (5,6)

Meat

- ___ 12 oz. turkey kielbasa (1)
- ___ 2 lbs. 99% lean ground turkey (2,3,6*)
- ___ 1 lb. 95% lean ground beef (3,6*)
- ___ 4 oz. 97% fat-free deli ham slices (4)
- ___ 1 lb. boneless, skinless chicken breasts (5)

Canned/ Packaged

- ___ 7-1/2 c. fat-free chicken broth (1,5)
- ___ 1 (14.5 oz.) can Basil, Garlic, Oregano diced tomatoes (1)
- ___ 4 oz. whole wheat rotini pasta, uncooked (1)
- ___ 1 (14 oz.) can cannellini beans (1)
- ___ 1/2 c. white cooking wine (1,5)
- ___ 3/4 c. picante sauce or salsa (2)
- ___ 1 T. light mayonnaise (2)
- ___ 1/2 t. honey (2)
- ___ 1/4 t. Dijon mustard (2)
- ___ 8 light hamburger buns (2)
- ___ 1/4 c. breadcrumbs (3,6*)
- ___ 2 c. cooked rice (3)
- ___ 1 (20 oz.) can pineapple chunks in pineapple juice (3)
- ___ 1/4 c. ketchup (3)
- ___ 1/2 c. canned pumpkin (4)
- ___ 8 slices light sourdough bread (4)
- ___ 1 (15 oz.) can pear halves in 100% juice (4)
- ___ 1 (4.3 oz.) package Rice-A-Roni Long Grain and Wild Rice (5)
- ___ 1 (28 oz.) can crushed tomatoes (6)
- ___ 4 c. fat-free beef broth (6)
- ___ 4 oz. uncooked rigatoni (6)

Spices/ Staples

- ___ 1 T. Mrs. Dash Garlic and Herb seasoning (1)
- ___ Cooking spray (2,5)
- ___ 1/4 c. + 1 t. apple cider vinegar (2,3)
- ___ 3 T. Worcestershire sauce (2,3)
- ___ 4 T. brown sugar (2,3,4)
- ___ Salt (2,3,4,6*)
- ___ Pepper (2,3,4,6*)
- ___ 1 t. onion powder (3,6*)
- ___ 1 t. dried parsley (3,6*)
- ___ 1 t. fresh ground ginger (3)
- ___ 1 T. cornstarch (3)
- ___ 1/2 t. cinnamon (4)
- ___ 1/4 t. nutmeg (4)
- ___ 1/8 t. ginger (4)
- ___ 1/4 c. flour (5)
- ___ 1 T. extra virgin olive oil (6)
- ___ 1 t. Italian seasoning (6)
- ___ 1/2 t. dried basil (6)

Refrigerator

- ___ 1/4 c. fat-free milk (3,6*)
- ___ 1 egg (3,6*)
- ___ 4 slices thin-sliced Swiss cheese (4)
- ___ 5 T. light spreadable butter (4,5)
- ___ 1-1/2 c. fat-free half-and-half (5)
- ___ 1/4 c. shredded fresh Parmesan cheese (6) + optional cheese for topping recipe 1 (for more points)

Misc.

*Ingredients for the meatballs that are divided between Recipe 3 & 6. (Refer to the meal plan sheet for more info)

Freezer

THIS WEEK'S MEAL PLAN

- 1 Rotini Bean & Sausage Soup
- 2 "Slaw"py Joe Sandwiches
- 3 Sweet & Sour Meatball Stir Fry
- 4 Ham Pumpkin Pear Toasties
- 5 Creamy Chicken & Wild Rice Soup
- 6 Rigatoni Meatball Soup