

Produce

- ___ 1-1/2 small onion (1,2,6)
- ___ 2 garlic cloves, minced (1)
- ___ 3 c. baby spinach (1)
- ___ 1 avocado (2)
- ___ 2 tart apples (3)
- ___ 1 jalapeño (3)
- ___ 2 T. finely chopped red onion (3)
- ___ 2 T. chopped cilantro (3)
- ___ 1 T. fresh ginger (3)
- ___ 1-1/2 lbs. sweet potatoes (4)
- ___ 1/4 c. green onion, chopped (about 1-2 green onions) (5)
- ___ 4 c. broccoli florets (about 1 head broccoli) (6)

Meat

- ___ 6 oz. grilled boneless, skinless chicken breast, chopped (I used Aldi's Lunch Mate Original Boneless, Skinless Chicken Breast Strips) (1)
- ___ 1 lb. 98-99% lean ground turkey (2)
- ___ 10 (4 oz. each) boneless, skinless chicken breasts (3,4)
- ___ 4 (4 oz. each) cod fillets (5)
- ___ 1 lb. boneless, skinless chicken breasts (6)

Canned/ Packaged

- ___ 4 c. fat-free chicken broth (1,6)
- ___ 1 c. V-8 vegetable juice or other tomato juice (1)
- ___ 1 t. tomato paste (1)
- ___ 2 t. grated Parmesan cheese (1)
- ___ 5 light hamburger buns (2)
- ___ 1/4 cup salted pistachios, shelled (3)
- ___ 2 T. red wine vinegar (3)
- ___ 7 t. light maple syrup (3,4)
- ___ 2/3 c. light mayonnaise (5)
- ___ 1/4 c. grated Parmesan cheese (5)
- ___ 1 c. instant brown rice (6)
- ___ 1 (10.5 oz.) can 98% fat-free cream of chicken soup (6)
- ___ 5 reduced-fat club crackers (6)

Spices/ Staples

- ___ Cooking spray (1,2,3,4)
- ___ 1 t. brown sugar (1)
- ___ Salt (1,2,3,4,6)
- ___ Pepper (1,4,6)
- ___ 4 t. Worcestershire sauce (2,5)
- ___ 2 t. Mrs. Dash Southwest Chipotle seasoning (2,3)
- ___ 1/4 c. yellow cornmeal (4)
- ___ 2 T. flour (4)
- ___ 2 t. garlic powder (4,6)
- ___ 1/2 t. chili powder (4)
- ___ 1/8 t. cinnamon (4)
- ___ 1/2 t. Mrs. Dash chicken seasoning (6)

Refrigerator

- ___ 2 c. fresh fat-free salsa (2)
- ___ 5 slices reduced-fat or "ultra thin" Pepper Jack cheese (2)
- ___ 1/4 c. fat-free milk (4,6)
- ___ 2 T. light butter (4)
- ___ 2 T. light sour cream (6)
- ___ 1 c. reduced-fat shredded cheddar cheese (6)

Misc.

Freezer

- ___ 2 c. (approx. 8 ounces) mini cheese ravioli (1)

THIS WEEK'S MEAL PLAN

- 1 Ravioli Florentine Soup
- 2 South-of-the-Border Cheeseburgers
- 3 Chipotle Grilled Chicken w/ Apple Salsa
- 4 Southern-Style Chicken w/ Mashed Sweet Potatoes
- 5 Baked Cod w/ Creamy Parmesan Mayo Spread
- 6 Cheddar Broccoli Chicken Casserole