

Produce

- ___ 1/2 c. finely chopped celery (1)
- ___ 1 onion (1,2)
- ___ 1 carrot, finely chopped (1)
- ___ 3 garlic cloves, minced (1,5)
- ___ 2 tomatoes (6)
- ___ Iceberg or romaine lettuce leaves (6)
- ___ 3 bananas (7)

Canned/ Packaged

- ___ 6 c. fat-free chicken broth (1)
- ___ 3/4 c. DaVinci Alphabet pasta (1)
- ___ 1/3 c. wheat germ (2)
- ___ 1 t. liquid smoke (2)
- ___ 6 light hamburger buns (2)
- ___ 1/2 c. dry bread crumbs (3)
- ___ 2 T. grated Parmesan cheese (3)
- ___ 3 Ole Xtreme 8-inch wraps, or other 1 WW SP tortillas (4)
- ___ 3/4 c. fat-free canned chili with beans (4)
- ___ 1/2 c. ketchup (5)
- ___ 1/3 c. brewed coffee (5)
- ___ 1 t. lemon juice (6)
- ___ 2 T. Hellman's mayonnaise (6)
- ___ 2 oz. Ghirardelli 60% Cacao Bittersweet Chocolate Baking Chips (7)

Spices/ Staples

- ___ Cooking spray (1,2,3)
- ___ 1/2 t. ground thyme (1)
- ___ 1 t. Worcestershire sauce (2)
- ___ Salt (2,3,5,6)
- ___ 1/4 t. oregano (2)
- ___ 2 T. ground thyme (2)
- ___ 1 t. lemon-pepper seasoning (3)
- ___ 1/2 t. paprika (3)
- ___ 1/2 c. flour (3)
- ___ 1/4 c. packed brown sugar (5)
- ___ 2 T. apple-cider vinegar (5)
- ___ 1/8 t. red pepper flakes (5)
- ___ 1/2 t. baking powder (6)
- ___ 1 T. coconut oil (7)

Refrigerator

- ___ 1/4 c. 1% low-fat milk (2)
- ___ 6 eggs (2,3,4,6)
- ___ 2 T. nonfat plain Greek yogurt (2)
- ___ 1 egg white (3)
- ___ 3/8 c. reduced-fat shredded Colby Jack or cheddar cheese (4)
- ___ 4 oz. light cream cheese (6)

Freezer

Meat

- ___ 2-1/2 lbs. skinless, boneless chicken (1,5)
- ___ 1 lb. 95% lean ground beef (2)
- ___ 1-1/2 lb. cod fillets (3)
- ___ 6 (97% fat-free) Hebrew National franks (4)
- ___ 6 slices center cut bacon (6)

Misc.

OPTIONAL SIDES:

- ___ Sliced bread w/ butter (1)
- ___ Side salad w/ favorite dressing (2)
- ___ Canned green beans (3)
- ___ Corn-on-the-cob or warmed canned corn (4)
- ___ Steamed broccoli and applesauce (5)
- ___ Carrot sticks w/ lite Ranch dressing (6)

OPTIONAL TOPPINGS:

- ___ cheese slices, lettuce, pickles, red onion slices, tomato, ketchup, mustard, and mayonnaise (2)
- ___ Sprinkles or finely chopped peanuts (7)

THIS WEEK'S MEAL PLAN

- 1 Alphabet "MPM" Soup
- 2 Better Beef Burgers
- 3 Homemade Fish Sticks
- 4 Chili Cheese Pigs in a Blanket
- 5 Grilled Nuggets w/ Homemade BBQ Sauce
- 6 Whoopsie BLT Sandwiches
- 7 Dark Chocolate Covered Banana Bites