

## Produce

- \_\_\_ 2 red or green bell peppers (1,4)
- \_\_\_ 3 small onion (1,3,4)
- \_\_\_ 4 oz. mushrooms (1)
- \_\_\_ 2 green onions (2)
- \_\_\_ 1 garlic clove, minced (3)
- \_\_\_ 2 T. fresh snipped parsley, optional (3)
- \_\_\_ 1 lb. potatoes (6)

## Canned/ Packaged

- \_\_\_ 1 (28 oz.) can diced tomatoes (1)
- \_\_\_ 5 c. fat-free beef broth (1,4,6)
- \_\_\_ 1 c. pizza sauce (1)
- \_\_\_ 1/4 c. apricot preserves (2)
- \_\_\_ 1 T. mustard (2)
- \_\_\_ 4 c. fat-free chicken broth (3)
- \_\_\_ 2 T. grated Parmesan cheese (3)
- \_\_\_ 1 (15 oz.) can black beans (4)
- \_\_\_ 1 (15 oz.) can kidney beans (4)
- \_\_\_ 2 (10 oz.) cans Rotel Mild Diced Tomatoes and Green Chilies (4)
- \_\_\_ 1/2 c. salsa (4)
- \_\_\_ 1 T. light mayonnaise (5)
- \_\_\_ 1 T. pickle relish (5)
- \_\_\_ 1 T. soy sauce (5)
- \_\_\_ 1 t. Dijon mustard (5)
- \_\_\_ 2/3 c. dried breadcrumbs (5)
- \_\_\_ 4 light hamburger buns (5)
- \_\_\_ 1 T. Worcestershire sauce (6)
- \_\_\_ 1 (10.75 oz.) can Campbell's Healthy Request condensed Cheddar Cheese soup (6)
- \_\_\_ 1 (4 oz.) can chopped green chilies (6)

## Spices/ Staples

- \_\_\_ Cooking spray (1,5,6)
- \_\_\_ 1 t. dried oregano (1)
- \_\_\_ Salt (2,4,5)
- \_\_\_ 1 T. chili powder (4)
- \_\_\_ 1 t. ground cumin (4)
- \_\_\_ 1 t. garlic powder (4)
- \_\_\_ Pepper (4,5)
- \_\_\_ 1 t. paprika (5)
- \_\_\_ 2 t. extra virgin olive oil (5)
- \_\_\_ 2 T. dried minced onions (6)
- \_\_\_ 1 t. Mrs. Dash Southwest Chipotle seasoning (6)

## Refrigerator

- \_\_\_ 6 T. reduced-fat shredded mozzarella cheese (1)
- \_\_\_ 4 T. Smart Balance Omega Buttery Spread (2,3,5)
- \_\_\_ 3 c. refrigerated or frozen mini cheese ravioli (3)
- \_\_\_ 2 T. plain non-fat Greek yogurt (5)
- \_\_\_ 2 egg whites (5)
- \_\_\_ 1 c. reduced-fat shredded cheddar cheese (6)
- \_\_\_ 1/2 c. fat-free milk (6)

## Freezer

- \_\_\_ 12 oz. frozen California medley vegetables (3)

## Meat

- \_\_\_ 15 turkey pepperoni slices (1)
- \_\_\_ 1/4 c. Real Bacon Bits (Hormel or Oscar Mayer) (1,6)
- \_\_\_ 1 lb. sweet Italian turkey sausage (1)
- \_\_\_ 2 lbs. 96% lean ground beef (2,4)
- \_\_\_ 8 oz. cubed, or diced, ham (3)
- \_\_\_ 4 (4 oz.) flounder fillets (5)
- \_\_\_ 1 lb. 99% lean ground turkey (6)

## Misc.

### OPTIONAL TOPPINGS:

- \_\_\_ Sour cream, shredded cheddar cheese, crushed tortilla chips, or crushed Frito chips (4)

### OPTIONAL TOPPINGS:

- \_\_\_ Mashed potatoes and/or corn (2)
- \_\_\_ Sliced cucumbers (5)

## THIS WEEK'S MEAL PLAN

- 1 Pizza Soup
- 2 Sweet Mini Meatloaves
- 3 Ravioli Primavera Soup
- 4 Slow Cooker Beef Fajita Chili
- 5 Crispy Fish Sandwiches
- 6 Bacon Cheddar Potato Soup