meal planning MOMMIES

Weight Watcher Friendly Grocery List
Week of December 20-26

Produce

- ☐ 2 shallots (1)
- ☐ 1 small garlic clove, minced (1)
- ☐ 2 tomatoes (1,3)
- ☐ 4 Boston or butter lettuce leaves (1)
- ☐ ¼ c. chopped fresh basil (or 1 tsp. dried basil) (3)
- ☐ 3 c. onion (4,5)
- ☐ 2 c. broccoli (4)
- ☐ 3 c. zucchini (4,5)
- ☐ 1 c. red bell pepper (4)
- ☐ 1 (10-12 oz) bag shredded cabbage, about 5 cups (4)
- ☐ 2 green onions (6)
- ☐ 1 large ripe avocado (6)
- ☐ 12 small grape tomatoes (6)

Meat

- ☐ ¾ lb. ground skinless turkey breast (1)
- ☐ 4 slices turkey bacon (1)
- ☐ 1 lb. (96%) extra lean ground beef (5)
- ☐ 4 slices bacon (6)
- ☐ 2c. diced cooked chicken (6)
- ☐ 4 lb. boneless, skinless chicken breasts (1,2,3,4)

Canned/ Packaged

- ☐ 1 T. ketchup (1)
- ☐ 4 slimwiches (1)
- ☐ 1 ½ c. seasoned croutons (2)
- ☐ ¼ c. sun dried tomato vinaigrette salad dressing (3)
- ☐ ¼ c. reduced-sodium soy sauce (4)
- ☐ 2 T. Hoisin sauce (4)
- ☐ 2 T. rice vinegar (4)
- ☐ 1 slice multigrain bread (5)
- ☐ 1 (14 oz) jar spaghetti sauce (5)
- ☐ 6 corn tortillas (6-in) (6)
- ☐ 2 Tbsp. lime juice (6)

Spice/Staples

- ☐ Salt (1,5,6)
- ☐ Pepper (1,5,6)
- ☐ 1 tsp. dried parsley (2)
- ☐ ¼ tsp. garlic salt (2)
- ☐ Cooking Spray (4)
- ☐ 3 T. Canola or Olive Oil (4,6)
- ☐ 1 T. brown sugar (4)
- ☐ 1 dash red pepper flakes (4)
- ☐ ½ t. Italian seasonings (5)
- ☐ ½ t. garlic powder (5)

Misc.

Refrigerator

- ☐ 1/3 c. shredded Monterey Jack cheese (1)
- ☐ 1 ½ oz grated fresh Parmesan cheese (2)
- ☐ 4 egg whites (2,5)
- ☐ ½ c. shredded 2% Mozzarella cheese (3)
- ☐ 2/3 c. fat-free ricotta cheese (5)

This week's Meal Plan

1. Monterey Jack Turkey Burgers
2. Crispy Parmesan Chicken Strips
3. Grilled Chicken Bruschetta
4. Chicken and Veggie Stir Fry
5. Pizza Meatloaf
6. California Club Nachos