meal planning MOMMIES

Weight Watcher Friendly Grocery List
Week of January 3-9

Produce

- ☐ 2 large potatoes (1)
- ☐ 4 c. + 2 T. onions, chopped (1,2,5,6)
- ☐ 2 medium carrots (1)
- ☐ ½ c. carrots, diced (4)
- ☐ 2 medium ribs celery (1)
- ☐ 1 T. fresh rosemary or 1 t. dried rosemary (1)
- ☐ ½ c. scallions (4)
- ☐ 4 medium garlic cloves (4,6)
- ☐ 2 c. mushrooms, sliced (5)
- ☐ 1 green bell pepper (6)
- ☐ ¼ c. cilantro (6)

Meat

- ☐ 1 lb. ground turkey breast (1)
- ☐ 16 oz. chicken breast halves (bone-in) (2)
- ☐ 1 ½ lb. fresh haddock, tilapia fillets, or other white fish (3)
- ☐ 28 oz. skinless, boneless chicken breast (4,5)
- ☐ 1 ½ c. cooked chicken breast, chopped (6)

Canned/ Packaged

- ☐ 1 T. + ½ c. ketchup (1,2)
- ☐ 5 c. reduced-sodium canned chicken or beef broth (1,6)
- ☐ 2 T. peach or apricot preserves (2)
- ☐ ¼ c. white cornmeal, or yellow (3)
- ☐ ¼ c. dry Italian bread crumbs (3)
- ☐ 2 c. cooked brown rice (4)
- ☐ 2 T. dry white wine of white grape juice (5)
- ☐ 1 can (14.5 oz) tomatoes and diced green chiles (6)
- ☐ 1 t. chili seasoning mix (6)
- ☐ 8 large baked corn tortilla chips (6)

Frozen

- ☐ ½ c. green peas (4)
- ☐ 1 pkg. (10 oz.) corn kernels (6)

Spice/Staples

- ☐ Salt (1,3,5)
- ☐ Black Pepper (1,3,5)
- ☐ Olive Oil (1,5)
- ☐ 5 T. Flour (1,5)
- ☐ 1 t. dried thyme (1)
- ☐ 2 T. white vinegar (2)
- ☐ 1 t. Worcestershire sauce (2)
- ☐ 1 ½ t. chili powder (2)
- ☐ 1/8 t. garlic powder (2)
- ☐ Cooking Spray (2,4)
- ☐ ½ t. dried dill (3)
- ☐ ½ t. paprika (3)
- ☐ 3 T. Soy sauce (4)
- ☐ 2 T. Parmesan cheese (5)
- ☐ ½ t. basil (5)
- ☐ Canola Oil (6)

Misc.

Refrigerator

- ☐ ¼ c. non-fat sour cream (1)
- ☐ 1 T. reduced-calorie margarine (1)
- ☐ 1/8 c. skim milk (3)
- ☐ 3 T. butter (3)
- ☐ 4 large egg whites (4)

This week's Meal Plan

1. Shepherd's Pie
2. Easy Barbecue Chicken
3. Oven Fried Fish
4. Chicken Fried Rice
5. Parmesan Chicken w/ mushroom wine sauce
6. Easy Chicken Tortilla Soup