29 WW Friendly Grilling Grocery List

Meal Planning Mommies

Produce

__ 3 shallots (2,4)
__ 3 small garlic cloves (2,5,6)
__ 4 thick tomato slices (2)
__ 4 small Boston or butter lettuce leaves (2)
__ 1 onion (5)
__ 2 c. lightly packed thinly sliced romaine lettuce (5)
__ 1 large tomato (5)

Meat

__ 4 (6 oz. each) extra lean ham steaks (1)
__ 3/4 lb. ground skinless turkey breast (2)
__ 4 slices turkey bacon (2)
__ 4-1/2 lb. uncooked skinless, boneless chicken breast (3,5)
__ 4 (4 ounce) Lean Steaks, about 1 inch thick (4)

Canned/ Packaged

__ 3 Tbsp. molasses (1)
__ 1 Tbsp. (2) + 1/2 c. (6) ketchup
__ 4 slimwiches (2)
__ 1 c. Kraft light mayonnaise (3)
__ 1/2 c. fat-free beef broth (4)
__ ¼ c. barbecue sauce (5)
__ 1-1/2 tsp. hot pepper sauce (more or less, to taste) (5)
__ ¼ c. plain dried bread crumbs (5)
__ 4 light hamburger buns (5)
__ 1/3 cup brewed coffee (6)

Spices/ Staples

__ 4 Tbsp. packed brown sugar (1,6)
__ 1 Tbsp. Dijon mustard (1)
__ 2 tsp. (1) + 2 Tbsp. (6) cider vinegar (1)
__ 1-1/2 tsp. salt (2,5,6)
__ 1/4 tsp. black pepper (2)
__ 1 Tbsp. honey (3)
__ 1 Tbsp. mustard (3)
__ 1/4 tsp. kosher salt (4)
__ 3 tsp. cracked mixed peppercorns (4)
__ 1 Tbsp. olive oil (4)
__ 2 Tbsp. balsamic vinegar (4)
__ 1/8 tsp. red pepper flakes (6)

Refrigerator

__ 1/3 c. shredded Monterey Jack cheese (2)
__ 1/2 Tbsp. butter (4)
__ 2 Tbsp. crumbled blue cheese (5)

Misc.

Freezer

This week's meal plan

1. Molasses Glazed Ham Steak
2. Monterey Jack Turkey Burgers
3. Honey Mustard Grilled Chicken
4. Balsamic Peppercorn Steak
5. Blue Cheese Chicken Burgers
6. Grilled Chicken wi/ Homemade BBQ Sauce