32 WW Friendly Fall Favorites Grocery List

Meal Planning Mommies

Produce

__ 1 medium green pepper (1)
__ 3 onions (1,3,5)
__ 3 c. baby carrots (3,5)
__ 2 c. sliced celery, about 5-6 stalks (5)
__ 6 minced garlic cloves (5,6)
__ 1 red bell pepper (6)
__ 1/3 c. sliced green onions, about 5 (6)
__ 1/3 c. fresh parsley (6)

Meat

__ 1-1/2 lbs. lean pork chops (1)
__ 1 lb. 97% (or more) lean ground turkey (2)
__ 1 lb. boneless, skinless chicken breasts (3)
__ 1-1/2 lbs. lean boneless beef chuck (5)

Canned/ Packaged

__ 1/2 c. salsa (1)
__ 1 pkg. (1 oz.) reduced sodium taco seasoning mix (1)
__ 8 light buns (1)
__ 2 cans (15 oz. each) kidney beans (1)
__ 1 can (8 oz.) tomato sauce (1)
__ 1 can (14.5 oz.) diced tomatoes (1)
__ 1 packet (1 oz.) chili seasoning mix (1)
__ 3/4 c. reduced fat pasta sauce, like Prego Light Smart Spaghetti sauce (2)
__ 2 t. + 3 Tbsp.grated Parmesan cheese (2,6)
__ 1/4 c. fat-free Italian dressing (3)
__ 1 (14.5 oz.) can fat-free reduced sodium chicken broth (3)
__ 2 c. Minute Brown Rice (3)
__ 1 (6 oz.) can tomato paste (5)
__ 1/2 c. pearl barley (5)
__ 6 oz. uncooked linguine (6)
__ 1 (12 oz.) can fat-free evaporated milk (6)

Spices/ Staples

__ 2 tsp. chili powder (1)
__ 6 Tbsp. flour (3,6)
__ 1/2 tsp. dried parsley (3)
__ 1 tsp. pepper (3,5)
__ 2-3/4 tsp. salt (5,6)
__ 1-1/2 tsp. dried oregano (5,6)
__ 3/4 tsp. dried basil (5,6)
1/2 tsp. pepper
__ 1 tsp. olive oil (6)

Freezer

__ 1 pkg. (13.5 oz.) Gardein Beefless Ground (1)
__ 1 pkg. (10 oz.) frozen chopped spinach (2)

Refrigerator

__ 1 pkg. (11 oz.) Pillsbury thin crust refrigerated pizza crust (2)
__ 1/2 c. shredded Colby and Monterey Jack cheese blend (2)
__ 2 t. low-fat (or fat-free) milk (2)
__ 4 oz. low fat cream cheese (4)
__ 1 Tbsp. butter (6)

Misc.

This week's meal plan

1. Southwest Pork Sandwiches
2. Meaty Vegetarian Chili
3. Easy Turkey Stromboli
4. Creamy Chicken and Minute Rice
5. Beef and Barley Soup
6. Linguine Alfredo