33 WW Friendly Grocery List

Meal Planning Mommies

Produce

__ 8 c. Romaine, shredded or torn, about 3 romaine hearts (1)
__ 1 tomato, chopped (1)
__ 1/2 c. red onion, chopped (1)
__ 8 oz. mushrooms, sliced (4)
__ 1 c. sliced baby carrots (4)
__ 1 sliced red bell pepper (4)
__ 3 sliced green onions (4)
__ 3 minced garlic cloves (4)
__ 1 tsp. minced ginger (4)
__ 1-2 medium apples (5)
__ 1-2 onions (5)

Spices/ Staples

__ 1 tsp. salt (2,3,4,6)
__ 1 tsp. pepper (2,6)
__ Cooking spray (2,6)
__ 1/2 tsp. Italian seasoning, optional (2)
__ 1 Tbsp. cornstarch (4)
__ 1/4 tsp. crushed red pepper (4)
__ 1/2 tsp. curry powder (4)
__ 1- 1/4 tsp. garlic powder (5,6)
__ 1/4 tsp. lemon-pepper seasoning (5)
__ 2 tsp. olive oil (5)
__ 1 Tbsp. brown sugar (6)
__ 1/2 tsp. ground ginger (6)
__ 1/2 tsp. dry cilantro or ground coriander (6)
__ 1/2 tsp. ground allspice (6)

Meat

__ 1-1/2 c. cooked grilled chicken, cubed or sliced (1)
__ 1 lb. boneless, skinless chicken breast (2)
__ 6 slices Butterball Everyday Thin and Crispy turkey bacon (3)
__ 1 lb. 99% lean ground turkey (4)
__ 1 lb. thin sliced lean pork chops (5)
__ 1 lb. salmon fillets (6)

Canned/ Packaged

__ 1/2 c. black beans (1)
__ 1/4 c. Kraft Hickory Smoke BBQ sauce (1)
__ 1/4 c. Kraft Light Ranch dressing (1)
__ 1/4 c. grated Parmesan cheese (2)
__ 1/4 c. breadcrumbs (2)
__ 1/3 c. spaghetti sauce (2)
__ 8 slices Healthy Life bread (3)
__ 1 Tbsp. maple syrup (3)
__ 4 oz. spaghetti (4)
__ 1 c. fat-free beef broth (4)
__ 1 Tbsp. soy sauce (4)
__ 1 (14 oz.) can bean sprouts (4)
__ 1 Tbsp. maple syrup (5)

Freezer

__ 1/2 c. cooked corn kernels (1)
__ 1 (6 oz.) bag frozen Vegetable Stir Fry vegetables (I used Flav R Pac brand, but any vegetables will do.) (6)

Refrigerator

__ 1/4 c. shredded reduced-fat sharp cheddar cheese (1)
__ 1 egg white (2)
__ 4 slices thin-sliced provolone or Mozzarella cheese (2)
__ 4 slices fat-free American cheese (3)
__ 2 Tbsp. Smart Balance Light Butter spread (3)

Misc.

This week's meal plan

1. BBQ Ranch Chicken Salad
2. Mini Chicken Parmesan Bites
3. Grilled Cheese & Maple Bacon
4. Turkey Lo Mein
5. Autumn Apple & Onion Pork Chops
6. Sweet Blackened Salmon w/ veggies