

Produce

- ___ 4 garlic cloves, minced (2,4)
- ___ 5 c. fresh baby spinach (2)
- ___ 2 T. fresh snipped parsley, optional (2)
- ___ 1 green onion, optional (3)
- ___ 1 red onion (4)
- ___ 1 cup cherry tomatoes (4)
- ___ 4 medium potatoes (about 2 lb.) (5,6)
- ___ 4 carrots (6)
- ___ 1 onion (6)

Canned/
Packaged

- ___ 1/2 T. Dijon mustard (1)
- ___ 1 T. honey (1)
- ___ 1 T. light mayonnaise (1)
- ___ 1 c. French fried onions (also called crispy onions) (1)
- ___ 4 oz. Barilla Protein Plus penne pasta (2)
- ___ 6 T. grated Parmesan cheese (2)
- ___ 8 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas (3)
- ___ 1 (16 oz.) can fat-free refried beans (3)
- ___ 1 (10 oz.) can mild red enchilada sauce (3)
- ___ 2 t. taco seasoning mix (3)
- ___ 1 (14.5 oz.) can diced tomatoes (3)
- ___ 1 (2.25 oz.) can sliced black olives, optional (4)
- ___ 1/2 c. lemon lime sparkling water (5)
- ___ 1/2 c. salsa (6)
- ___ 1 (.75 oz.) brown gravy seasoning packet (6)

Spices/
Staples

- ___ Salt (1,4,5,6)
- ___ Pepper (1,4,5,6)
- ___ 5 T. + 1 t. extra virgin olive oil (2,4,5)
- ___ Cooking spray (2,3)
- ___ 3/4 c. + 1 T. flour (2,5)
- ___ 1 t. red wine vinegar (4)
- ___ 1/2 t. oregano (4)
- ___ 2 t. garlic powder (5,6)
- ___ 1/4 t. chili powder (5)
- ___ 1/2 t. paprika (5)
- ___ 1 T. Worcestershire sauce (6)

Refrigerator

- ___ 1 T. light butter (2)
- ___ 1 c. fat-free skim milk (2)
- ___ 2 T. light cream cheese (2)
- ___ 1-1/3 c. reduced-fat shredded Colby Jack cheese (3)
- ___ 1/2 c. crumbled reduced-fat feta cheese (4)

Freezer

Meat

- ___ 8 (4 oz. each) pieces of boneless, skinless chicken breasts (1,4)
- ___ 1 lb. boneless, skinless chicken breasts (2)
- ___ 1 lb. 99% fat-free ground turkey (3)
- ___ 6 (4 oz.) cod fish fillets (5)
- ___ 1 lb. lean beef sirloin, trimmed of fat (6)

Misc.
Optional sides:

- ___ Canned green beans (1)
- ___ Canned Mexicorn (3)
- ___ Spinach salad with a light vinaigrette dressing (4)

This week's
meal plan

- 1 French Fried Chicken
- 2 Chicken and Spinach Pasta Alfredo
- 3 Double Decker Mexican Pizzas
- 4 Greek Chicken
- 5 Battered Fish & Chips
- 6 Slow Cooker Beef Stew