### Meal Planning Mommies

#### Produce
- 6-7 garlic cloves, minced (1, 5, 6)
- 8 c. salad greens (1)
- 1 c. cherry tomatoes (1)
- 1/2 cucumber (1)
- 1-1/4 red onion (1, 4)
- 1-1/4 onions (2, 3)
- 2 red bell peppers (3, 4)
- 1 yellow bell pepper (3)
- 2 T. cilantro or parsley (3)
- 1 lime, juiced (3)
- 1 avocado (3)
- 3 small tomatoes (5)
- 3 T. fresh basil (5)
- 1 c. sliced carrots (6)
- 2 celery stalks (6)
- 2 t. parsley, snipped (optional) (6)

#### Canned/ Packaged
- 16 Athenos original flavored baked pita chips (1)
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- 1/3 c. wheat germ (2)
- 1 t. liquid smoke (2)
- 1 t. Worcestershire sauce (2)
- 6 light hamburger buns (2)
- 1 (8.8 oz.) package Uncle Ben’s Original Ready Rice (3)
- 1 (15 oz.) can black beans (3)
- 3/4 c. salsa (3)
- 1/4 c. apricot preserves (4)
- 1 T. soy sauce (4)
- 1 (20 oz.) can pineapple chunks in 100% juice (4)
- 4 c. chicken broth (6)
- 1 (12.5 oz.) can chunk chicken breast (6)

#### Spices/ Staples
- 2-1/3 T. extra virgin olive oil (1, 3)
- 2-1/3 T. extra virgin olive oil (1, 3)
- 4 t. red wine vinegar (1, 5)
- 4 t. lemon juice (1, 3)
- Salt (1, 2, 3, 4, 5, 6)
- Pepper (1, 5, 6)
- 3/8 t. ground thyme (1, 2)
- 1/4 t. oregano (2)
- Cooking spray (2, 3, 4, 5, 6)
- 1 t. ground cumin (3)
- 1/2 t. chili powder (3)
- 1 t. garlic powder (3, 5)
- 1 t. Italian seasoning (5)
- 1 t. brown sugar (5)
- 1 t. poultry seasoning (6)

#### Refrigerator
- 1/4 c. classic hummus (1)
- 2 hard-boiled eggs (1)
- 1/2 c. reduced-calorie crumbled feta cheese (1)
- 1/4 c. 1% lowfat milk (2)
- 1 egg (2)
- 1/4 c. nonfat Greek yogurt (2, 3)
- 1/4 c. light sour cream (3)
- 4 slices thin-sliced provolone cheese (5)
- 1 (9 oz.) package cheese tortellini (6)

#### Freezer
- 2 c. frozen corn kernels (3)

### Miscellaneous (Misc.)

- Side salad with favorite dressing or carrots (2)
- Steamed rice (4)
- Spinach salad with balsamic dressing (5)

#### Optional Sides:

- Cheese slices, lettuce, pickles, red onion slices, tomato, ketchup, mustard, and mayonnaise (2)

#### Optional Toppings:

- Side salad with favorite dressing or carrots (2)
- Steamed rice (4)
- Spinach salad with balsamic dressing (5)