

Produce

- ___ 1-1/2 small onions (1,2)
- ___ 1 garlic clove (1)
- ___ 2 green onions, sliced (1,2)
- ___ 1 carrot (2)
- ___ 1 jalapeño (2)
- ___ 2 medium sweet potatoes (3)
- ___ 3 large sweet onions + 1 small sweet onion (4,5)
- ___ 1 head lettuce, chopped or 5 cups salad greens (6)
- ___ 1 tomato (6)

Canned/
Packaged

- ___ 1/3 c. seasoned breadcrumbs (1)
- ___ 1/4 c. light mayonnaise (1)
- ___ 1 t. soy sauce (1)
- ___ 6 light hamburger buns (1)
- ___ 1 c. chicken broth (2)
- ___ 1 (14.75 oz.) can cream-style corn (2)
- ___ 1 (14.5 oz.) can fire-roasted corn (2)
- ___ 1 t. Marsala cooking wine (4)
- ___ 1/2 t. red wine vinegar (4)
- ___ 6 slices French bread (4)
- ___ 2 T. barbecue sauce (5)
- ___ 2 T. ketchup (5)
- ___ 1 T. apricot preserves (5)
- ___ 32 fat-free croutons (approximately 1 cup) (6)
- ___ 1/3 c. light blue cheese dressing (6)

Spices/
Staples

- ___ 1 T. Worcestershire sauce (1,4,5)
- ___ 1 t. liquid smoke (1)
- ___ Pepper (1,2,3,4)
- ___ Cooking spray (1,4,5)
- ___ 2 t. brown sugar (1)
- ___ 1/4 c. flour (2,3)
- ___ Salt (2,3,4)
- ___ 1 t. lemon juice (3)
- ___ 1/3 c. cornmeal (3)
- ___ 1/2 t. onion powder (3)
- ___ 1 t. garlic powder (3,5)
- ___ 1/2 t. chili powder (3,5)
- ___ 1/4 t. smoked paprika (3)
- ___ 4 t. extra virgin olive oil (3,4)
- ___ 2 T. brown sugar (4)
- ___ 1 t. cornstarch (5)

Refrigerator

- ___ 4 T. + 1 t. light butter (1,2,3)
- ___ 1/4 c. nonfat Greek yogurt (1)
- ___ 4 eggs (1,3,6)
- ___ 1/4 c. reduced fat crumbled blue cheese (1)
- ___ 2 c. 1% reduced-fat milk (2)
- ___ 3/4 c. shredded Gruyere cheese (4)
- ___ 1/4 c. shredded Colby Jack cheese (6)

Freezer

THIS WEEK'S
MEAL PLAN

- 1 Pub-Style Turkey Burgers
- 2 Chicken Corn Chowder
- 3 Cornmeal Crusted Cod w/ Sweet Potatoes
- 4 French Onion Chicken Sandwiches
- 5 Slow Cooker Sweet Glazed Pork Chops
- 6 Cobb Salad

Meat

- ___ 1 lb. 99% lean ground turkey (1)
- ___ 1-1/2 lb. boneless, skinless chicken breasts (2,4)
- ___ 5 center cut bacon strips (2,6)
- ___ 1 lb. cod fish (3)
- ___ 1 lb. boneless pork chops (5)
- ___ 3 oz. sliced turkey breast deli meat (6)
- ___ 2 oz. sliced honey ham deli meat (6)

Misc.

OPTIONAL SIDES:

- ___ Side salad with favorite dressing (1)
- ___ Green beans and applesauce (4)
- ___ Steamed broccoli (5)