

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)

Meat

- ___ 1 lb. 95% lean ground beef (2)
- ___ 1 lb. + 4 (4 oz. each) boneless, skinless chicken breasts (3,5)
- ___ 1 lb. medium shrimp, peeled and deveined (approximately 60 shrimp) (4)

Canned/ Packaged

- ___ 16 Athenos original flavored baked pita chips (1)
- ___ 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)
- ___ 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)

Misc.

OPTIONAL SIDES:

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

OPTIONAL TOPPINGS:

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

Freezer

- ___ 2 c. frozen corn kernels (3)

THIS WEEK'S MEAL PLAN

- 1 Middle Eastern Pita Salad
- 2 Better Beef Burgers
- 3 Chicken Fajita Bowls
- 4 Hawaiian Shrimp Kabobs
- 5 Bruschetta Chicken
- 6 Chicken Tortellini Soup