

Produce

- ___ 1 jalapeño (1)
- ___ 2 small onions (1,6)
- ___ 2 t. juice from an orange (2)
- ___ 1-2 t. finely chopped apricot, optional (2)
- ___ 1 c. finely chopped red onion (3)
- ___ 1/2 c. fresh spinach leaves (4)
- ___ 1 (5 oz.) package salad greens (5)
- ___ 1 green onion, sliced (5)
- ___ 8 oz. mushrooms, sliced (6)
- ___ 2 garlic cloves, minced (6)

Meat

- ___ 1 lb. 95% lean ground beef (1)
- ___ 4 (6 oz. each) salmon fillets (2)
- ___ 4 oz. thin sliced 97% fat-free honey ham (3)
- ___ 1 lb. 99% lean ground turkey (6)

Canned/Packaged

- ___ 1 (15 oz.) can black beans (1)
- ___ 1 (10.75 oz.) can 98% fat-free condensed cream of mushroom soup (1)
- ___ 1 c. salsa (1)
- ___ 1 c. enchilada sauce (1)
- ___ 1 (1 oz.) packet taco seasoning (1)
- ___ 12 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas (1)
- ___ 2 T. apricot preserves (2)
- ___ 2 T. soy sauce (2)
- ___ 1 (8 oz.) can tomato sauce (3)
- ___ 3 T. tomato paste (3)
- ___ 1-1/3 c. pineapple tidbits (3)
- ___ 1 (10 oz.) can diced tomatoes with green chilies (4)
- ___ 8 slices light bread (4)
- ___ 1/4 c. light mayonnaise (4)
- ___ 1 c. chicken broth (5)
- ___ 3/4 c. couscous, uncooked (5)

- ___ 1/4 c. Asian Toasted Sesame salad dressing (1 used Annie's brand) (5)
- ___ 5 oz. wide egg noodles, uncooked (6)
- ___ 1 (12 oz.) jar fat-free beef gravy (6)
- ___ 2 T. red cooking wine (6)

Spices/
Staples

- ___ Cooking spray (1,2,3,6)
- ___ Salt (2,6)
- ___ Pepper (2,4,6)
- ___ 1 t. toasted sesame oil (2)
- ___ 1 t. garlic powder (2,3)
- ___ 1 t. oregano (3)
- ___ 2 t. sugar (3,4)
- ___ 1/2 t. onion powder (3)
- ___ 1/8 t. garlic salt (3)
- ___ 1 t. Italian seasoning (4)
- ___ 1/2 t. Mrs. Dash Salt-Free Table Blend seasoning (5)

Refrigerator

- ___ 1/2 c. reduced-fat shredded cheddar cheese (1)
- ___ 1 c. reduced fat shredded Colby Jack cheese (3)
- ___ 4 Laughing Cow Garlic & Herb cheese wedges (4)
- ___ 4 part-skim mozzarella cheese slices (4)
- ___ 1/3 c. reduced-fat crumbled feta cheese (5)
- ___ 1/2 c. fat-free sour cream (6)

Misc.

OPTIONAL SIDES:

- ___ Steamed broccoli (2)
- ___ Side salad (3)
- ___ Carrot sticks (4)
- ___ Green Beans (6)

OPTIONAL TOPPINGS:

- ___ Sour cream (1)

Freezer

- ___ 1 (10.8 oz.) bag Asian frozen vegetable medley (a mixture of broccoli, carrots, baby cob corn, and sugar snap peas) (5)

THIS WEEK'S
MEAL PLAN

- 1 Beef and Black Bean Enchiladas
- 2 Apricot Glazed Salmon
- 3 Skinny Hawaiian Pizzas
- 4 Grown Up Grilled Cheese
- 5 Asian Couscous Salad
- 6 Ground Turkey Stroganoff