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■ MEATS

- Chicken breasts, boneless, skinless (3)
(1 lb or 450 g)
- Chicken thighs, boneless, skinless
(1 3/4 lbs or 800 g)
- Bacon strips, fully cooked bacon, low-sodium
(4 strips)
- Ground beef, extra-lean (2 1/2 lbs or 1125 g)
for 2 meals

■ DAIRY

- Butter (optional for 2 meals)
- Milk, 1% milk fat (2 1/4 cups) for 2 meals
- French vanilla yogurt, low-fat
- Sour cream, fat-free or light
- Cream cheese, light (5 1/2 oz or 83 g)
- Cheddar cheese, light, shredded (3/4 cup)
- Tex-Mex cheese, shredded (1 1/2 cups)
- Parmesan cheese, light, grated (optional for Pasta)

■ PRODUCE

- Caesar salad dressing, garlic lovers,
light, gourmet, refrigerated (1/2 cup)
- Broccoli florets, 2-3 heads (1 lb or 450 g)
- Roma tomatoes (4)
- Celery ribs (2)
- Baby potatoes (20) or 4 large potatoes
- Onion (1) for 2 meals
- Green onions (4)
- Cilantro (optional for Tacos)
- Baby spinach, prewashed (6 oz or 170 g)
- Green leaf lettuce (1/4 head for Tacos)
- Mandarin oranges or oranges (2)

■ OTHER

- Aluminum foil
- Paper towels

■ SPICES

- Chili powder
- Cumin powder
- Curry powder
- Garlic powder
- Onion flakes
- Onion powder
- Original, all purpose seasoning, salt-free
- Poppy seeds
- Table blend seasoning, salt-free
- Turmeric
- Pepper

■ BAKING GOODS

- Olive oil, extra-virgin
- Brown sugar

■ HELPERS

- Applesauce, unsweetened (1/2 cup)
- Orange juice, unsweetened (1/2 cup)
- Liquid honey
- Mayonnaise, light
- Dijon mustard
- Ketchup
- Salsa, chunky
- Sambal Oelek (crushed chili paste) found in Asian foods
- 1 can tomato soup (10 fl oz or 284 mL)
- 1 can cream of mushroom soup, reduced-sodium
(10 fl oz or 284 mL)
- 1 can solid tuna in water (6 1/2 oz or 180 g)

■ FROZEN FOODS

- Baby peas (5 cups) for 2 meals
- Corn, Peaches and Cream style if available (2 cups)

■ DRY ESSENTIALS

- Fusilli pasta or any kind of spiral pasta (4 cups)
- Vermicelli pasta (12 oz or 340 g)
(use regular vermicelli or spaghettini, only use rice
vermicelli if there are wheat allergies in your family)
- Basmati or white rice (1 1/2 cups)
- Corn flake crumbs (1 cup)

■ BAKERY

- Croutons (1/2 cup)
- Tortillas, soft (6) flour, multigrain or corn 10"
(choose a lower sodium brand)