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■ MEATS

Ground beef, extra-lean (3 lbs or 900 g) for 2 meals
Chicken breasts, boneless, skinless (7)
(2 1/3 lbs or 1 kg) for 2 meals
Shrimp (1 cup) cooked, deveined (optional for Quiche)

■ DAIRY

Butter
Milk, 1% milk fat (1 cup) for 2 meals
Cream 10% milk fat (1/4 cup)
Eggs, large (4)
Parmesan cheese, light, grated (optional for Taco Pasta)
Gruyere cheese (1/4 cup) (can replace with Parmesan)
Mozzarella, part-skim, shredded (1/4 cup)
Cheddar cheese, light (1/2 cup) can use grated

■ PRODUCE

Fresh ginger (from a jar) or use ground
Fresh garlic (from a jar)
Carrots, large (2)
Cucumber, English (1/2)
Broccoli floret (1 1/4 lbs or 560 g) for 2 meals
Green leaf lettuce (1/4 head) (or bagged lettuce)
for Thai Wraps
Red bell pepper (1 1/4) for 2 meals
Mushrooms (14) for 2 meals
Baby spinach, bag (6 oz or 170 g)
Bean sprouts (1/2 lb or 225 g) (optional for Thai Wraps)
Potatoes, large, thin skin (4) or 8 medium (2 lbs or 900 g)
Onion (1 1/4) for 2 meals
Onion, red (1/8) for Spinach Salad
Zucchini, small (2-3)
Roma tomato (optional for Quiche)

■ DRY ESSENTIALS

Basmati or white rice (1 1/2 cups)
Rice stick or vermicelli noodles (1/4 lb or 113 g)
Pasta, bow tie (3 cups)

■ SPICES

Chili powder
Cumin, ground
Garlic and herb seasoning, salt-free
Ginger, ground
Hot chili flakes (optional for Taco Pasta)
Original all purpose seasoning, salt-free
Pepper
Turmeric

■ BAKING GOODS

Cooking spray
Canola oil
Olive oil, extra-virgin
Sesame oil
Rice vinegar (1 Tbsp)
Matchstick almonds (for Spinach Salad)
Biscuit mix (*I like Bisquick*)
Brown sugar

■ HELPERS

Lime juice (for 2 meals)
Peanut butter, light (for Thai Wraps)
Ketchup
Soy sauce, reduced-sodium
Sweet Thai chili sauce (for 2 meals)
Worcestershire sauce
Catalina salad dressing, low-fat (optional if replacing
sweet Thai Chili sauce in Thai Wrap sauce)
Fruit vinaigrette, light (or your favorite dressing)
1 can beef broth, reduced-sodium (10 fl oz or 284 mL)
1 can cream style corn (14 fl oz or 398 mL)
1 can tomato pasta sauce (24 fl oz or 680 mL)
(choose a lower sodium brand)

■ FROZEN FOODS

Corn, Peaches & Cream style (1 cup)
Peas (4 cups) (1 1/3 lbs or 600 g)
Wild blueberries (1/2 cup) for Spinach Salad

■ BAKERY

Tortillas, soft (6) whole wheat or flour, 10"
(choose a lower sodium brand)

■ OTHER

Paper towel