

RECIPE NAME	PAGE
Easy Turkey Manicotti, Italian Veggies	102
Pesto-Dijon Pork Chops, Potatoes & Peas	104
Chicken in Crunchy Breadcrumbs, Cranberries, Salad	106
Chinese Meatballs on Rice	108
Curried Chicken w/ Spaghetti & Broccoli	110

## MEATS

Chicken breasts (3), boneless, skinless (1 lb or 450 g)  
Ground beef, extra-lean (1 1/2 lbs or 675 g)  
Ground turkey (1 lb or 450 g)  
Pork loin chops, 1/2" thick, boneless, trimmed (4)  
Roaster chicken, deli cooked (3 cups cut chicken)

## DAIRY

Butter  
Milk, 1% milk fat  
Cottage cheese, 1% milk fat (1 cup)  
Mozzarella cheese, part-skim, shredded (1 cup)  
Parmesan cheese, light, grated

## PRODUCE

Fresh garlic (from a jar)  
Celery ribs (2)  
Broccoli florets, 2-3 heads (1 lb or 450 g)  
Green bell pepper (2) 1 optional for Curied Chicken  
Red bell pepper (1) for 2 meals  
Mushrooms (17) for 2 meals  
Cucumber, English or field  
Baby carrots (1 cup)  
Baby potatoes (20) or 4 large, thin skin  
Onion, small  
Green onions (2)  
Spinach, 1 bag (6 oz or 175 g)

## DRY ESSENTIALS

Basmati or white rice (1 1/4 cups)  
Manicotti noodles (8 oz or 250 g)  
Spaghetti pasta (12 oz or 340 g)  
Panko flakes or cornflake crumbs  
(found near coating mixes)

## OTHER

Aluminum foil  
Paper towel

## ■ SPICES

Basil, dried  
Cayenne pepper  
Curry powder  
Italian seasoning  
Original, all purpose seasoning, salt-free  
Pepper  
Poultry seasoning  
Table blend seasoning, salt-free

## ■ BAKING GOODS

Brown sugar  
Cornstarch  
Dry brown gravy mix (I like Bisto)  
Olive oil, extra-virgin  
Cooking spray  
Vinegar  
Balsamic vinegar  
Cashews (1/4 cup) optional for Salad

## ■ HELPERS

Dijon mustard  
Salad dressing, light, fruit vinaigrette or your favorite  
(choose a lower sodium brand)  
Soy sauce, reduced-sodium  
Cranberry sauce, whole berry (1/2 cup)  
1 can beef broth, reduced-sodium  
(10 fl oz or 284 mL)  
2 cans cream of mushroom soup, reduced-sodium  
(10 fl oz or 284 mL each) for 2 meals  
1 can consommé soup (10 fl oz or 284 mL)  
1 can pineapple chunks, unsweetened  
(20 oz or 540 mL)  
1 can tomato pasta sauce  
choose a lower sodium brand (24 oz or 680 mL)  
Basil pesto (1/4 cup) (found near pasta sauces)

## ■ FROZEN FOODS

Pea pods (10 oz or 300 g)  
Baby peas (4 cups) for 2 meals

## ■ BAKERY

Multigrain bread, 1 loaf sliced (18 slices)