

Grocery List

Produce

1 medium onion
2 teaspoons minced garlic
1 cup celery
1 (8 ounce) container sliced mushrooms
Broccoli (fresh or frozen) for a side dish on two separate nights OR a different vegetable side dish of choice

Frozen

Broccoli (for side dish on two separate nights) OR a different vegetable side dish of choice

Refrigerated

Meat & Seafood

1 lb. extra lean ground beef (I used 96% lean)
6 small boneless, skinless chicken breasts (about 24 ounces total)
1.5 - 2 lbs. boneless pork loin roast

Deli

Packaged

Wholegrain baguette or dinner rolls

1 (28 ounce) can [the large size!] petite diced tomatoes
1 (8 ounce) can tomato sauce
1 (16 ounce) can kidney beans
1 (8 ounce) can sliced water chestnuts
Wholegrain pasta
1 cup honey
3/4 cup Dijon mustard
2 teaspoons curry powder
2 tablespoons soy sauce
Quinoa
1/2 cup balsamic vinegar
1/2 cup olive oil
Garlic powder; onion powder