

# Weekly Dinner Menu

*SUNDAY: Antipasto Salad*

*MONDAY: Taco Salad*

*TUESDAY: Chipotle Lime Shrimp with Cauliflower Fried Rice*

*WEDNESDAY: Spaghetti Squash Salad*

*THURSDAY: Crustless Quiche*

*FRIDAY: Meatball Skewers*

*SATURDAY: Spaghetti Pie*

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## **Protein:**

Deli Turkey- ½ lb

Turkey pepperoni- 1 pack

Lean ground beef- 2-3 lb

Cooked shrimp- 1 bag

Eggs- 1.5 dz

Chicken Breast- 2

Turkey bacon- 1lb

Turkey Sausage- ½ lb

## **Produce:**

Zucchini- 1

Broccoli- 1 head

Cherry Tomatoes- 1 pack

Garlic- 2 head

Green bell pepper- 1

Red onion- 3

Romaine lettuce- 1 head

Avocado- 1

Jalapenos (if desired)

Carrots- 1 bag

Green onion- 1 bunch

Riced Cauliflower

Tomatoes -2

Fresh Basil & Cilantro

Spaghetti Squash- 1-2

Red cabbage shredded

Celery

Fresh Italian Parsley

## **Dairy:**

Mozzarella cheese sticks

Plain Greek Yogurt/sour cream

Feta Cheese Crumbles

2% cottage cheese

Shredded Colby jack cheese

Parmesan Cheese

Mozzarella Cheese medallions

## **Canned/Frozen:**

Olive Oil

Balsamic Vinegar

Dried Basil

Taco seasoning packet

Salsa

Chipotle seasoning

Lime Juice

Sesame Oil

Low Sodium Soy Sauce

Light Italian Dressing

Salt

Black pepper

Tangy tomato Zipper Snacks (from WeightWise store)

Pickles

Marinara Sauce