









































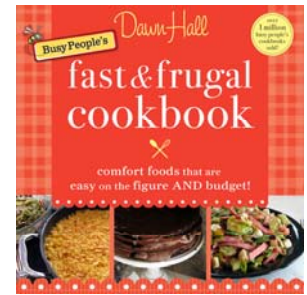
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## **Home-Style Skillet Egg Bake** (Cookbook Page 36)

### **Grocery List**

#### **PACKAGED**

2 (15-ounce) cans diced potatoes

1 (7.5-ounce) can home-style biscuits

#### **PRODUCE**

1 ½ pounds red seedless grapes

#### **MEAT**

1 (14-ounce) package Turkey Breakfast sausage links

#### **DAIRY**

6 eggs

4 ounces fat-free cream cheese

Fat-free sour cream

#### **PANTRY**

Italian seasoning

Garlic salt

Vanilla extract

Splenda granular

Non-fat cooking spray

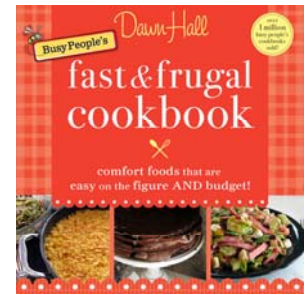
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## **Sausage Gravy Egg Baskets (Cookbook Page 38)**

### **Grocery List**

#### **PACKAGE**

Light multi-grain English muffins (4 needed)

#### **DAIRY**

Fat-free skim milk (2 ½ cups needed)

Fat-free American cheese (8 slices needed)

Eggs (8 needed)

#### **MEAT**

16-ounce package Honeysuckle White lean turkey breakfast sausage

#### **PRODUCE**

4 Oranges

4 grapefruit

#### **PANTRY**

Cornstarch

Ground black pepper

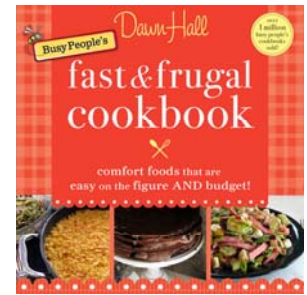
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## **Crabby Egg Bake Casserole** (Cookbook Page 40)

### **Grocery List**

#### **PACKAGE**

Light white bread (4 slices needed)

2 (14.5-ounce) cans asparagus cuts and tips GV

Low fat slaw dressing (I use Marzetti)

2 (15-ounce) cans no sugar added Bartlett pear halves

Maraschino cherries

Sugar-free spiced cider apple flavor drink mix (box of 10 pouches)

#### **DAIRY**

6 eggs

Low fat ricotta cheese

Light fat free vanilla yogurt

Finely shredded parmesan cheese

#### **SEAFOOD**

1 (12-ounce) package imitation crab meat

#### **PRODUCE**

#### **PANTRY**

Lemon pepper

Garlic salt

Butter flavored cooking spray

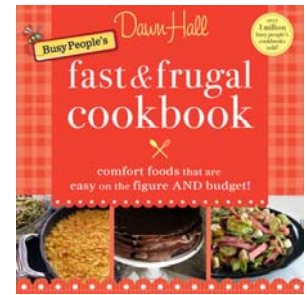
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## **Southwestern Egg Bake Casserole (Cookbook Page 42)**

### **Grocery List**

#### **PACKAGE**

Whole wheat light bread (4 slices needed)

1 (5 ounce) can green chilies

Sugar free peach drink mix

Cinnamon red hot candies

#### **DAIRY**

Fat-free sour cream (1 ½ cups needed)

6 eggs

Fat-free shredded cheddar cheese (1 cup needed)

#### **MEAT**

1 pound extra lean ground beef

#### **PRODUCE**

Grape or cherry tomatoes

#### **PANTRY**

Taco seasoning mix

Butter flavored cooking spray

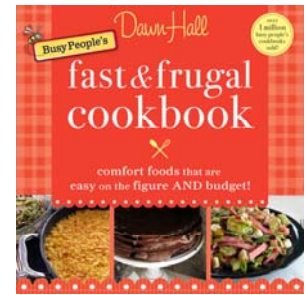
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## **Stuffed French Toast with Sweet Egg & Sausage Scramble**

(Cookbook Page 44)

### **Grocery List**

#### **PRODUCE**

1 Pound fresh strawberries

#### **MEATS/POULTRY/SEAFOOD**

1 (14-ounce) package Healthy Ones skinless smoked sausage (1/2 package needed)

#### **DAIRY**

6 Eggs

Fat-free cream cheese (4 tablespoons needed)

Fat-free skim milk (4 cups needed)

#### **PACKAGED**

½ of a 16-ounce loaf of unsliced French bread

Sugar-free butter flavored syrup (1 cup needed)

#### **PANTRY**

Sugar-free hazelnut or French vanilla coffee creamer

Splenda granular

Non-stick cooking spray

Almond extract

Ground cinnamon

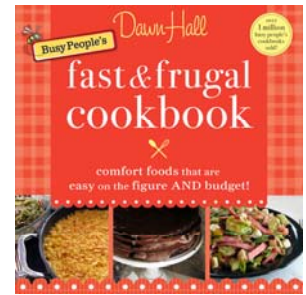
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## **Beef is Boss Chili** (Cookbook Page 88)

### **Grocery List**

#### **PRODUCE**

Celery

#### **DAIRY**

Non-fat plain yogurt (1/2 cup needed)

#### **PACKAGED**

2 (14.5-ounce) cans of diced chili ready peeled tomatoes

1 (15.5-ounce) hot & spicy chili beans

2 (12-ounce) cans (Hormel) roast beef

Whole Wheat saltine crackers

#### **PANTRY**

Sugar-free French Vanilla creamer (1/4 cup needed)

Salt

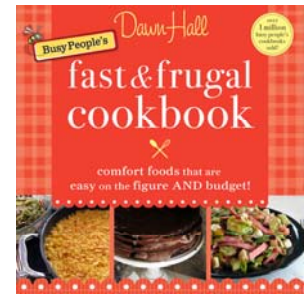
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## **Chicken and White Bean Chowder** (Cookbook Page 89)

### **Grocery List**

#### **PRODUCE**

1 Sweet onion (need 2/3 cup chopped)

3-4 Bell peppers (to slice as a side with dip)

#### **DAIRY**

Fat-free sour cream (1 1/3 cups needed)

#### **PACKAGED**

1 (48-ounce) jar of Great Northern Beans

2 (12.5-ounce) can chunk chicken

Diced pimento (optional)

1 (.75-ounce) package Hidden Valley Ranch mix

Fat-free French salad dressing (to use as dip for pepper slices)

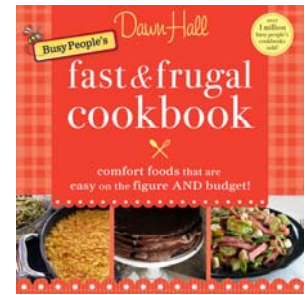
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## **Hawaiian Sweet Potato Soup** (Cookbook Page 90)

### **Grocery List**

#### **PRODUCE**

One head iceberg lettuce

1 Onion (need ½ cup finely chopped)

#### **MEATS/SEAFOOD/POULTRY**

1 (8-ounce) package diced ham

#### **DAIRY**

Non-fat plain yogurt (1/2 cup needed)

#### **PACKAGED**

1 (40-ounce) can sweet potatoes in syrup

1 (8-ounce) can tidbit pineapple in unsweetened juice

#### **PANTRY**

Chicken broth (2 cups needed)

Ground red pepper

Sugar-free French Vanilla creamer (1/4 cup needed)

Salt

Dry dill

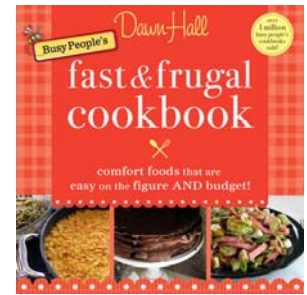
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## **Egg Drop Soup** (Cookbook Page 91)

### **Grocery List**

#### **PRODUCE**

4oz Fresh mushrooms

#### **DAIRY**

2 Eggs

Finely shredded parmesan cheese (1/4 cup needed)

#### **PACKAGED**

4 English muffins

#### **PANTRY**

1 (48-ounce) can light and fat-free chicken broth

Cornstarch

Light salt

Garlic salt

Non-fat butter flavored cooking spray

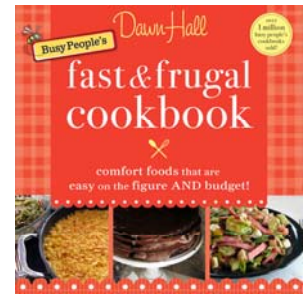
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## **Southwestern Chicken Enchilada Soup (Cookbook Page 92)**

### **Grocery List**

#### **PACKAGED**

- 1 (27 ounce) package 6-inch corn tortillas (21 tortillas needed)
- 1 (15.5-ounce) jar mild chunky salsa
- 1 (15-ounce) can no salt added golden sweet whole kernel corn
- 2 (12.5-ounce) cans chunk chicken breast

#### **PANTRY**

- 8 Cups chicken broth made from bouillon
- Light salt
- Taco seasoning GV
- Non-stick cooking spray

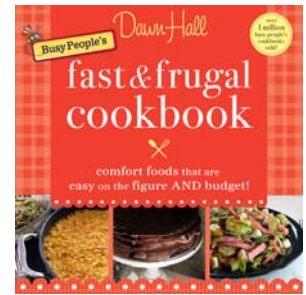
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## **Vegetarian Southwestern Tomato Soup** (Cookbook Page 93)

### **Grocery List**

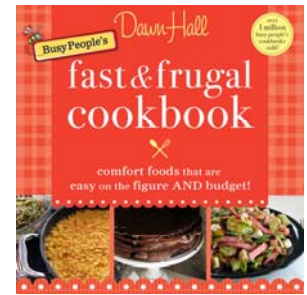
#### **PACKAGED**

- 2 (14.5 oz) cans of Mexican Style stewed tomatoes
- 1 (28oz) can Enchilada Sauce (mild)
- 2 (15.25 oz) cans whole kernel corn
- 1 (31oz) can of refried beans
- 1 (46 fl oz) can tomato juice
- 9 (6-inch) corn tortillas

#### **PANTRY**

- Light salt
- Taco seasoning
- Non-stick cooking spray

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## **Salmon Chowder** (Cookbook Page 94)

### **Grocery List**

#### **PRODUCE**

One head iceberg lettuce  
Sweet onion

#### **DAIRY**

1% low-fat milk (2 cups needed)  
Non-fat plain yogurt (1/2 cup needed)

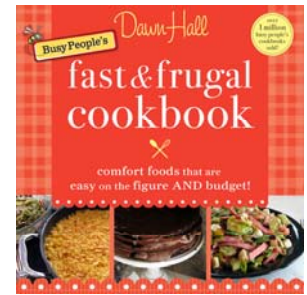
#### **PACKAGED**

2 (15-ounce) cans diced potatoes  
1 (14.75-ounce) can salmon  
Oyster crackers  
Chunky salsa

#### **PANTRY**

Old Bay seasoning  
Lemon pepper seasoning salt  
Dried dill weed  
Sugar-free French Vanilla creamer (1/4 cup needed)  
Salt

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## **Corny Clam Chowder** (Cookbook Page 96)

### **Grocery List**

#### **PRODUCE**

One head iceberg lettuce  
Sweet onion

#### **DAIRY**

Non-fat plain yogurt (1/2 cup needed)

#### **PACKAGED**

3 (6 ½ -ounce) cans minced clams  
1 (8-ounce) bottle of clam juice  
2 (10 ¾ -ounce) cans healthy request cream of celery soup (98% fat free, 40% less sodium)  
1 (15-ounce) can diced potato  
1 (15-ounce) can whole kernel corn  
Oyster crackers

#### **PANTRY**

Old Bay seasoning  
Sugar-free French Vanilla creamer (1/4 cup needed)  
Salt  
Dry dill

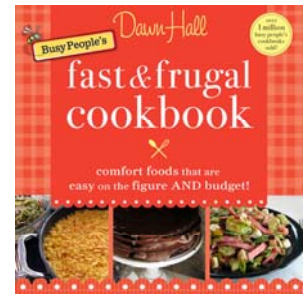
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## **Ham, Green Bean and Potato Soup** (Cookbook Page 98)

### **Grocery List**

#### **MEAT**

1 Pound package diced lean ham

#### **DAIRY**

Shredded fat-free mozzarella cheese (1 cup needed)

Shredded parmesan cheese (1/4 cup needed)

Fat-free feta cheese crumbles (1/4 cup needed)

#### **PACKAGED**

2 (15- ounce) cans sliced new potatoes

2 (14.5-ounce) cans French style green beans

Fat-free Italian salad dressing (1/2 cup needed)

Fat-free multi-grain whole wheat bread (7 slices needed)

#### **PANTRY**

Dried parsley

Imitation flavored butter sprinkles (Butter Buds)

4 cups chicken broth

Non-fat butter flavored cooking spray

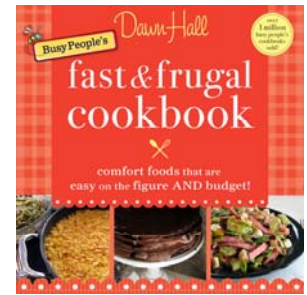
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## Potato Reuben Chowder (Cookbook Page 100)

### Grocery List

#### PRODUCE

2 large tomatoes

#### MEATS/POULTRY/SEAFOOD

2 (2-ounce) packages lean sliced corned beef

#### DAIRY

3 Slices natural Swiss cheese

#### PACKAGED

2 (15-ounce) cans diced potatoes

2 (10 ¾ ounce) 98% fat free cream of celery soup

Sauerkraut (1/2 cup needed)

Hearty rye bread (3 slices needed)

Light Miracle Whip (2 tablespoons needed)

Fat free Miracle Whip (1 tablespoon needed)

#### PANTRY

Beef broth (2 cups needed)

Ketchup

Sweet relish

Dried parsley (optional)

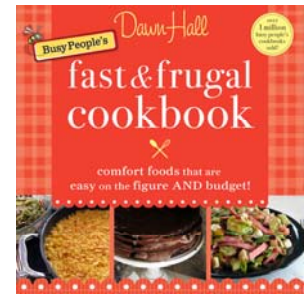
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## **Crabby Corn Soup** (Cookbook Page 102)

### **Grocery List**

#### **DAIRY**

2 Eggs

Light fat-free vanilla yogurt (Dannon Activia) (1 cup needed)

#### **FROZEN**

1 (16 ounce) bag whole frozen strawberries

Fat-free dessert whipped topping (2 ½ cups needed)

#### **PACKAGED**

2 (14.75-ounce) cans cream style corn

2 (12-ounce) packages leg style imitation crab meat

Heart Smart Bisquick reduced-fat baking mix (2 cups needed)

#### **PANTRY**

1 (48-ounce) can light and fat-free chicken broth

Cornstarch (1/4 cup needed)

Light salt

Granulated sugar

Splenda granular

Butter flavored cooking spray

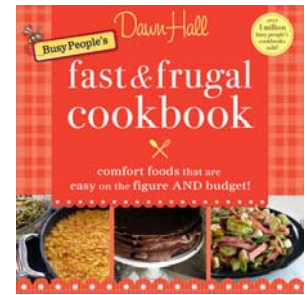
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## Chicken Pot Pie Soup (Cookbook Page 104)

### Grocery List

#### PACKAGED

- 2 (14.5-ounce) cans vegetable medley
- 2 (12.5-ounce) cans chunk chicken breast in water
- 8 (8-inch) flour tortillas

#### PANTRY

- 8 cups chicken broth (made from bouillon is fine)
- Cornstarch
- Minced garlic
- Garlic salt
- Dried parsley (5 teaspoons needed)
- Paprika
- Butter flavored cooking spray

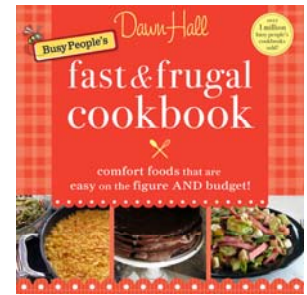
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## Southwestern Pork Chowder (Cookbook Page 106)

### Grocery List

#### PRODUCE

Fresh celery sticks

#### MEATS/POULTRY/SEAFOOD

2 ½ lbs of boneless pork loin

#### PACKAGED

2 (14.5 ounce) cans of Mexican style stewed tomatoes

1 (28ounce) can enchilada sauce (mild)

2 (15.25 ounce) cans whole kernel corn

1 (31ounce) can of fat-free refried beans

1 (46 fl ounce) can tomato juice

Whole grain instant brown rice (1 ¼ cups needed)

Fat-free ranch salad dressing

Whole grain saltine crackers

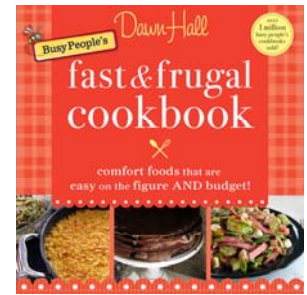
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## **Tomato Italiano Soup** (Cookbook Page 108)

### **Grocery List**

#### **PRODUCE**

1 Small bunch fresh kale

4oz Fresh mushrooms

#### **MEATS/SEAFOOD/POULTRY**

1 (19.2-ounce) package Italian style ground turkey

#### **DAIRY**

Finely shredded parmesan cheese (1/4 cup needed)

#### **PACKAGED**

1 (28-ounce) can petite diced tomatoes

1 (1-pound 10-ounce) jar Prego Three Cheese spaghetti sauce

1 (1-pound 9.75-ounce) jar Chunky Garden Prego spaghetti sauce

4 English muffins

#### **PANTRY**

Splenda granular

Garlic salt

Non-fat butter flavored cooking spray

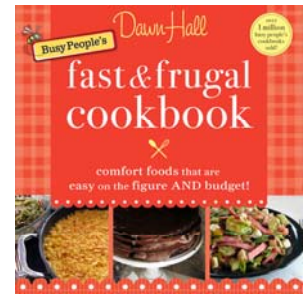
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## **Chicken Florentine Soup** (Cookbook Page 110)

### **Grocery List**

#### **PRODUCE**

6 Pounds parsnips

1 Medium fresh turnip

#### **DAIRY**

Shredded fat-free mozzarella cheese (1 cup needed)

Shredded parmesan cheese (1/4 cup needed)

Fat-free feta cheese crumbles (1/4 cup needed)

#### **FROZEN**

1 Pound frozen chopped spinach

#### **PACKAGED**

2 (12.5-ounce) cans chunk chicken

Fat-free multi-grain whole wheat bread (7 slices needed)

#### **PANTRY**

Chicken broth (6 cups needed)

Splenda granular

Minced garlic

Non-fat butter flavored cooking spray

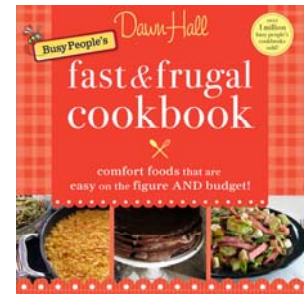
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## **Minestrone Soup** (Cookbook Page 112)

### **Grocery List**

#### **MEATS**

1 (36-ounce) package extra lean ground beef

#### **DAIRY**

Fat-free sour cream (1 cup plus 2 tablespoons needed)

6 egg whites

#### **PACKAGED**

1 (64-ounce) jar vegetable juice

1 (26-ounce) jar Italian Garden combination chunky pasta sauce

Elbow macaroni (1 cup needed)

2 (15-ounce) can mixed vegetables

1 (15.5-ounce) can great northern beans

Heart Smart Bisquick baking mix (reduced fat baking mix) (3 cups needed)

#### **PANTRY**

Dried Italian seasoning

Dried minced onion

Garlic salt

Olive oil cooking spray

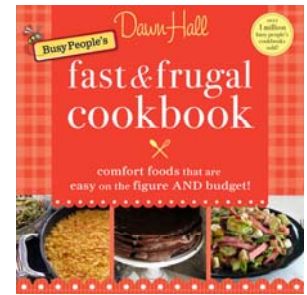
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## **German Potato Soup** (Cookbook Page 114)

### **Grocery List**

#### **PRODUCE**

1 medium sweet onion

#### **MEATS/POULTRY/SEAFOOD**

2 (16-ounce) packages 96% fat-free lean ham, cubed

#### **DAIRY**

Fancy shredded parmesan blend cheese (1/3 cup needed)

#### **PACKAGED**

1 (8.25 ounce) can sliced carrots

3 (15 ounce) cans diced potatoes

Seeded hearty rye bread (6 slices needed)

#### **PANTRY**

Chicken flavored granules instant bouillon (1/2 cup or 12 chicken bouillon cubes)

Garlic salt

Buttered flavored cooking spray

Cornstarch

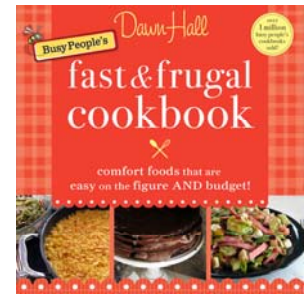
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## **Creamy Chicken and Noodle Soup** (Cookbook Page 116)

### **Grocery List**

#### **PRODUCE**

Celery (6 stalks needed)

#### **PACKAGED**

1 (12-ounce) package fettuccine

1 (14.5-ounce) can sliced carrots

2 (12.5-ounce) cans chunk chicken breast in water

4 fat-free flour tortillas

#### **PANTRY**

Chicken broth made from bouillon (13 cups total needed)

Minced garlic

Cornstarch

Garlic salt

Dried parsley (5 teaspoons needed)

Paprika

Butter flavored cooking spray

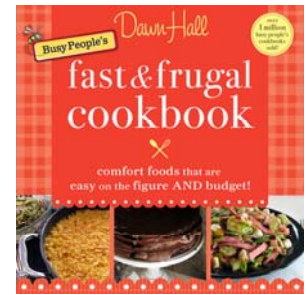
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## **Beef and Mushroom Noodle Soup** (Cookbook Page 118)

### **Grocery List**

#### **PRODUCE**

2 Medium sweet onion

#### **PACKAGED**

1 (12-ounce) package fettuccine

2 (12-ounce) cans roast beef and gravy (Hormel)

1 (16-ounce) package sliced mushrooms

Flour tortillas (6 needed)

#### **PANTRY**

Beef broth made from bouillon (13 cups total needed)

Cornstarch

Ground black pepper

Butter flavored cooking spray

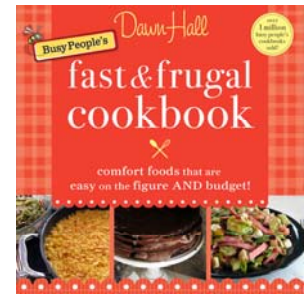
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## **Broccoli and Cauliflower Chowder** (Cookbook Page 120)

### **Grocery List**

#### **MEATS**

2 (1-pound) packages vegetarian ground sausage

#### **DAIRY**

Shredded cheddar cheese (1/2 cup needed)

#### **FROZEN**

1 (32-ounce) bag frozen hash browns

2 (1-pound) packages frozen broccoli and cauliflower

#### **PACKAGED**

4 whole wheat bagels

#### **PANTRY**

8 cups chicken broth made from bouillon

Steak seasoning salt

Dried chopped chives

Garlic salt

Buttered flavor cooking spray

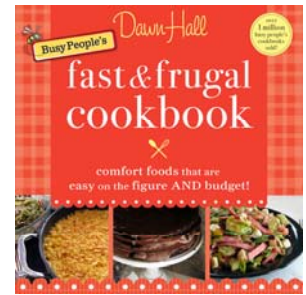
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## **Baked Beans with Smoked Sausage** (Cookbook Page 125)

### **Grocery List**

#### **PRODUCE**

- 1 (16-ounce) bag pre-cut cole slaw mix
- 1 Medium sweet onion (need to make 1/2 cup chopped)

#### **MEATS**

- 1 (14 ounce) package lean Smoked Sausage

#### **DAIRY**

- Fat-free sour cream (1/2 cup needed)

#### **PACKAGED**

- 1 (15-ounce) can butter beans, drained,
- 2 (16-ounce) cans baked beans,
- Thick-and-spicy, brown-sugar-flavored barbecue sauce (your favorite brand) (3/4 cup needed)
- Chunky salsa (1/2 cup needed)
- Fat-free red French or Catalina salad dressing (1/4 cup needed)

#### **PANTRY**

- Non-fat cooking spray
- Splenda brown sugar blend

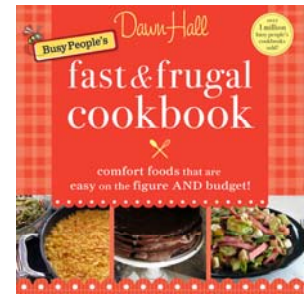
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## **Ham with Honey Dew Chutney (Cookbook Page 126)**

### **Grocery List**

#### **PRODUCE**

½ Of a small honey dew melon

Fresh parsley (1 tablespoon chopped needed)

1 Small sweet onion (1 rounded tablespoon chopped needed)

#### **MEATS**

1 Pound package sliced lean ham steaks (approx. 7 per package)

#### **DAIRY**

Fat-free shredded mozzarella cheese (1 cup needed)

Shredded Parmesan cheese ( ¼ cup needed)

#### **PACKAGED**

2 (14.5-ounce) can green beans-drained

1 (15-ounce) can diced potatoes

Fat-free zesty Italian salad dressing

#### **PANTRY**

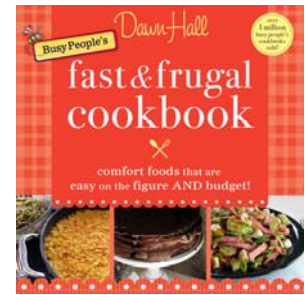
Splenda granular

Diced pimentos

Butter flavored sprinkles

Real bacon bits

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## **Maple Glazed Ham Steaks** (Cookbook Page 128)

### **Grocery List**

#### **PRODUCE**

1 Medium onion

#### **MEATS**

4 (3 ounce) extra lean ham steaks

#### **DAIRY**

2 slices thinly sliced Swiss cheese

6 Eggs

#### **FROZEN**

1 (2-pound) package frozen broccoli

#### **PACKAGED**

Sugar free maple flavored syrup

1 (6-ounce) can tomato paste

Light potato bread (6 slices needed)

#### **PANTRY**

Paprika (optional)

Onion salt

Celery salt

Splenda brown sugar blend

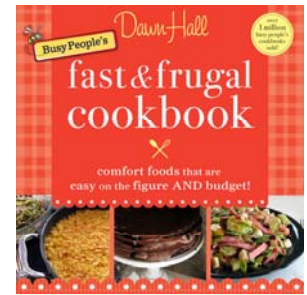
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## **Pork Stew (Quick Fix Pork Stew)** (Cookbook Page 130)

### **Grocery List**

#### **PRODUCE**

1 large onion

3 Bart let pears

#### **MEAT**

2 pounds pork loin

#### **PACKAGED**

1 (12ounce) jar home style pork gravy

2 (15ounce) cans sliced new potatoes

2 (7ounce) cans mushrooms (pieces and stems)

1 (8.5ounce) can peas and carrots

1 (20-ounce) can no-sugar added cherry pie filling

#### ***Pantry***

Rubbed thyme (1/2 teaspoon needed)

Ground cinnamon (1/2 teaspoon needed)

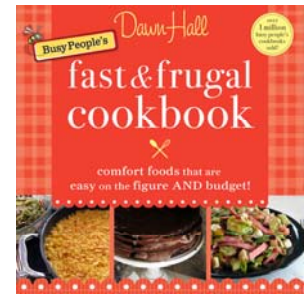
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## **Ham, Green Beans and Potatoes (One Pan Meal) (Cookbook Page 132)**

### **Grocery List**

#### **MEATS/SEAFOOD/POULTRY**

1 Pound package diced lean ham

#### **PACKAGED**

2 (15- ounce) cans sliced new potatoes

2 (14.5-ounce) cans French style green beans

Fat-free Italian salad dressing (1/3 cup needed)

1 (20-ounce) can no sugar added apple pie filling

1 (25-ounce) jar unsweetened applesauce

Dried mixed berries (1/2 cup needed)

#### **PANTRY**

Dried parsley

French fried onions (1/3 cup needed)

Allspice

Splenda granular

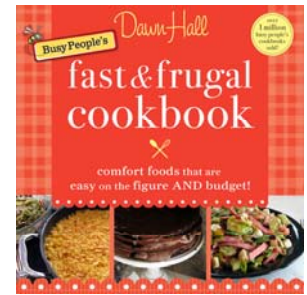
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## **Ham and Yam Stove Top Casserole** (Cookbook Page 134)

### **Grocery List**

#### **PRODUCE**

1 Medium sweet onion

#### **MEATS**

1 Pound of lean honey ham lunch meat

#### **PACKAGED**

1 (40-ounce) can sweet potatoes

Favorite honey barbeque sauce (1/4 cup needed)

1 (14-ounce) can turnip greens

2 (14-ounce) can mustard greens

1 (29-ounce) can no-sugar added yellow cling sliced peaches

Cinnamon flavored candies (red hots) (1/3 cup needed)

#### **PANTRY**

Butter flavored cooking spray

Onion salt

Imitation butter flavored sprinkles (Butter Buds)

Liquid smoke

Splenda granular

Honey

Cornstarch

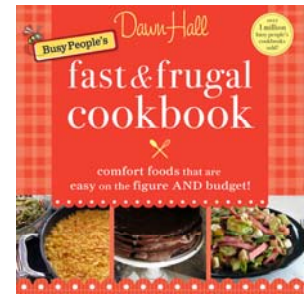
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## **Open Faced Cranberry Beef and Feta Sandwiches on Toasted Rye**

(Cookbook Page 136)

### **Grocery List**

#### **PRODUCE**

Fresh broccoli (to be used as a side with dip)

#### **MEATS**

1 Pound extra lean ground hamburger

#### **DAIRY**

Fat free shredded mozzarella cheese (1/2 cup needed)

Reduced fat feta cheese (2 tablespoons needed)

#### **PACKAGED**

Seeded rye bread (6 slices needed)

Dried cranberries (need 1/3 cup chopped)

Fat-free ranch dressing (for dipping broccoli if desired)

1 (20-ounce) can no sugar added apple pie filling

1 (25-ounce) jar unsweetened applesauce

Dried mixed berries (1/2 cup needed)

#### **PANTRY**

Cocoa

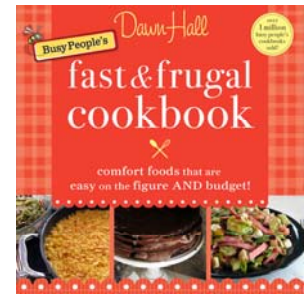
Garlic salt

Butter flavored cooking spray

Allspice

Splenda granular

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## **Little Italy Open Faced Sandwiches** (Cookbook Page 138)

### **Grocery List**

#### **PRODUCE**

Fresh bell peppers (to slice and serve with dip on the side)

#### **MEATS/ POULTRY**

1 Pound extra lean ground hamburger

18 Slices turkey pepperoni

#### **DAIRY**

Fat-free shredded mozzarella cheese (6 tablespoons needed)

Grated parmesan cheese (6 tablespoons needed)

#### **PACKAGED**

French bread (6 slices needed)

Spaghetti sauce (18 tablespoons needed)

Fat-free Ranch Salad dressing (to serve with sliced peppers if desired)

1 (20-ounce) can no sugar added cherry pie filling

1 (25-ounce) jar unsweetened applesauce

#### **PANTRY**

Cocoa

Butter flavored cooking spray

Almond extract

Splenda granular

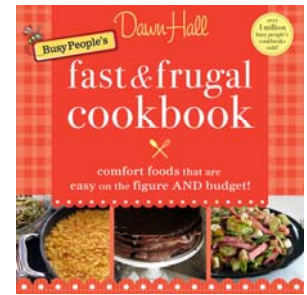
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## **Spiced Ham Steaks** (Cookbook Page 140)

### **Grocery List**

#### **PRODUCE**

8-ounces pre-sliced fresh mushrooms

#### **MEATS**

8 (2-ounce) slices cooked, lean ham

#### **PACKAGED**

Cherry cola (1/2 cup needed)

2 (14.5-ounce) Italian cut green beans

2 (15-ounce) cans sliced potatoes

Whole grain rolls

#### **PANTRY**

Splenda brown sugar blend

Allspice

Butter flavored cooking spray

Butter flavored sprinkles

Italian seasoning

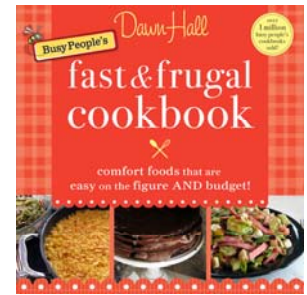
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## **Chipped Beef Gravy over Toast Points** (Cookbook Page 142)

### **Grocery List**

#### **DAIRY**

Fat-free skim milk (2 ½ cups needed)

#### **MEAT**

4 (2-ounce) packages cooked, chopped, pressed corn beef (Budding Brand)

#### **FROZEN**

Fat-free dessert whipped topping (1 cup needed)

#### **PACKAGED**

2 (20-ounce) cans crushed pineapple

1 (1.34-ounce) packet of sugar free French vanilla pudding

Chopped walnuts (3 tablespoons needed)

1 (8.5-ounce) can sweet peas

4 (2-ounce) packages cooked, chopped, pressed corned beef (Budding Brand)

Light 5 grain bread (9 slices needed)

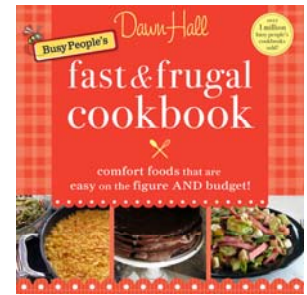
#### **PANTRY**

Cornstarch

Ground black pepper

Imitation butter flavored sprinkles (Butter Buds)

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## **Tuna A La King** (Cookbook Page 144)

### **Grocery List**

#### **PRODUCE**

- 1 (9-ounce) package baby spinach
- 1 Pound fresh strawberries
- 3 Fresh kiwis

#### **DAIRY**

- Non-fat skim milk (1/2 cup needed)

#### **PACKAGED**

- 3 (5-ounce) cans tuna in water
- 1 (8.5-ounce) can peas and carrots
- 1 (7.5-ounce) can buttermilk biscuits
- Low-fat slaw dressing (Marzetti) (1/4 cup needed)
- Vanilla yogurt raisins (21 needed)
- Fat-free croutons
- Fat-free Italian salad dressing (1/3 cup needed)

#### **PANTRY**

- Cornstarch
- Lemon pepper seasoning salt
- Balsamic vinegar
- Splenda granula

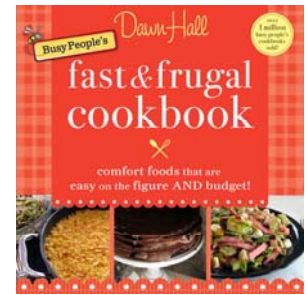
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## **Savory Pork Sirloin Boneless Chops** (Cookbook Page 146)

### **Grocery List**

#### **Produce**

3 Bart let pears

#### **Meats**

6 extra lean pork sirloin boneless chops (2 pounds)

#### **Packaged**

1 (20-ounce) can no sugar added cherry pie filling

2 (14.5-ounce) can green beans-drained

1 (15-ounce) can diced potatoes

Real bacon bits (2 tablespoons needed)

Fat-free Italian Salad dressing (2 tablespoons needed)

#### **Pantry**

Ground sage (½ teaspoon needed)

Steak seasoning (I use Grill Mates Montreal Steak) (2 teaspoon needed)

Dried parsley flakes (1 teaspoon needed)

Ground cinnamon (¼ teaspoon needed)

Diced pimentos (2 tablespoons needed)

Imitation butter flavored sprinkles (Butter Buds) (3 tablespoons needed)

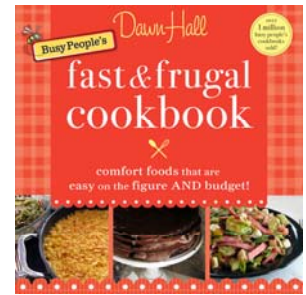
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## **Cajun Inspired Smoked Pork Chops (Cookbook Page 148)**

### **Grocery List**

#### **Produce**

1 large head cauliflower

1 (18-ounce) package fresh, sliced mushrooms

#### **Meats**

1 (19-ounce) package fully cooked Smoked Pork Chops (5 chops)

#### **Dairy**

Fat-free light vanilla yogurt (1/3 cup needed)

#### **Packaged**

1 (25-ounce) jar unsweetened applesauce

Cinnamon flavored candies (Red Hots) (1/2 cup needed)

Fat-free Ranch salad dressing (1/2 cup needed)

French fried onions (1/4 cup needed)

#### **Pantry**

Cajun seasoning (McCormick brand) (1 teaspoon needed)

Chicken flavored bouillon cube (1 needed)

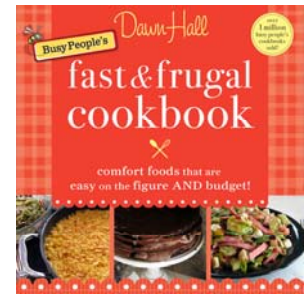
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## **Sweet and Spicy Pork** (Cookbook Page 150)

### **Grocery List**

#### **PRODUCE**

2 medium onions

#### **MEAT**

2 ½ lbs. of pork loin

#### **PACKAGE**

Cajun seasoning (2 teaspoons needed)

Sugar-free butter flavored syrup (can be found in the syrup aisle) (1/3 cup needed)

2 (14.5 oz) cans green beans

2 tablespoons of honey (2 tablespoons needed)

Ground black pepper (1/4 teaspoon needed)

Instant whole grain brown rice OR whole grain brown rice

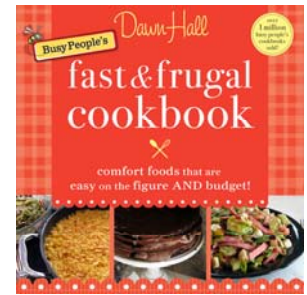
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## **German Bratwurst with Honey Mustard Potatoes**

(Cookbook Page 152)

### **Grocery List**

#### **PRODUCE**

3 fresh pears

#### **MEAT**

1(19.5 ounce) package Turkey Bratwurst (4 links used)

#### **DAIRY**

Non-fat vanilla yogurt (1/2 cup needed)

Reduced-fat feta cheese finely crumbled (2 tablespoons needed)

#### **FROZEN**

1 (20 ounce) bag of diced potatoes with onion and green peppers

#### **PACKAGED**

1 (4 ounce) jar of pimientos

1 (14.5 ounce) can of sauerkraut

Fat-free Honey Mustard salad dressing (1/2 cup needed)

Light balsamic vinaigrette salad dressing (2 teaspoons needed)

#### **PANTRY**

Light salt or sea salt

Finely chopped raisins (1/4 cup needed)

Finely chopped pecans (1 tablespoon needed)

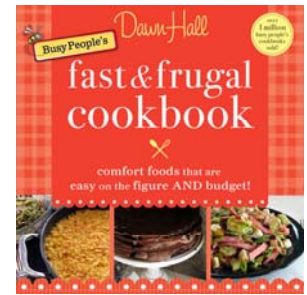
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## **Tuna Casserole Delight** (Cookbook Page 154)

### **Grocery List**

#### **PRODUCE**

1 head iceberg lettuce (6 cups chopped)

#### **DAIRY**

99% fat-free lemon flavored yogurt (I used Yoplait)

Non-fat plain yogurt (½ cup needed)

Sugar-free French vanilla creamer (¼ cup needed)

#### **PACKAGED**

Chicken broth (3 cups needed)

1 (16-ounce) box small shells pasta

1 (8.5-ounce) can peas and carrots

3 (5-ounce) cans tuna

#### **PANTRY**

Lemon pepper seasoning salt (1 teaspoon needed)

Dry dill weed (1 teaspoon needed)

Salt (dash needed)

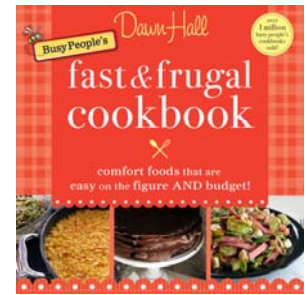
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## **Sausage and Bean Enchiladas** (Cookbook Page 156)

### **Grocery List**

#### **PRODUCE**

1 (16-ounce) bag pre-cut Cole slaw mix

#### **POULTRY**

1(14-ounce) package lean turkey sausage (7 links needed)

#### **DAIRY**

Fat-free sour cream (1/2 cup needed)

Fancy Shredded Fiesta Blend Cheese (1/3 cup needed)

#### **PACKAGED**

1 (16-ounce) can fat-free refried beans

1 (13.5-ounce) fat-free tortillas

1 (10-ounce) can enchilada sauce

Chunky salsa (1 1/2 cups total needed)

Fat-free red French or Catalina salad dressing (1/4 cup needed)

Non-fat cooking spray

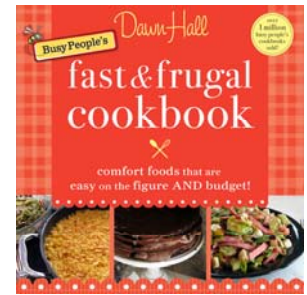
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## **Chicken and Stuffing Skillet Dinner** (Cookbook Page 158)

### **Grocery List**

#### **PRODUCE**

Fresh baby carrots (as a side)

3 Stalks celery with leaves

1 (8-ounce) package sliced mushrooms

#### **POULTRY**

2 Pounds boneless skinless chicken breast

#### **PACKAGED**

1 (10 <sup>3</sup>/<sub>4</sub> -ounce) can 98% fat-free cream of chicken soup

1 (6-ounce) box of chicken flavored stuffing mix

1 (20-ounce) can no sugar added cherry pie filling

1 (25-ounce) jar unsweetened applesauce

#### **PANTRY**

Almond extract

Splenda granular

Non-stick cooking spray

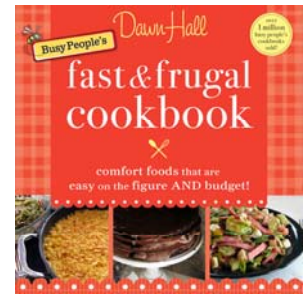
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## **Beefy Green Beans and Potatoes (Cookbook Page 160)**

### **Grocery List**

#### **PRODUCE**

Cherry Tomatoes for garnish

#### **PACKAGED**

1 (7-ounce) can sliced mushrooms stems and pieces

Diced pimento (optional)

2 (15-ounce) cans sliced new potatoes

2 (14.5-ounce) cans whole green beans

2 (12-ounce) cans roast beef

Rye bread (1/2 slice per serving needed)

1 (29-ounce) can pumpkin (not pie mix)

#### **PANTRY**

Imitation butter flavored sprinkles

McCormick Montreal steak seasoning

Light butter

Butter flavored cooking spray

Minced garlic

Salt and pepper

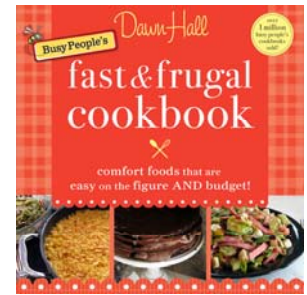
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## **Pork Stroganoff** (Cookbook Page 162)

### **Grocery List**

#### **PRODUCE**

1 medium sweet yellow onion

1 (8-ounce) package sliced fresh mushrooms

#### **MEATS**

2 lbs. pork loin

#### **DAIRY**

Fat-free sour cream (1 cup needed)

Light butter (2 tablespoons needed)

#### **FROZEN**

1 package frozen broccoli, cauliflower and carrots blend

#### **PACKAGED**

Minced garlic (2 teaspoons needed)

Beef broth (3 cups needed)

Butter flavored sprinkles (Butter Buds) (6 tablespoons needed)

#### **PANTRY**

Extra wide egg noodles (No Yolks can be substituted) (4 cups needed)

Honey (2 tablespoons needed)

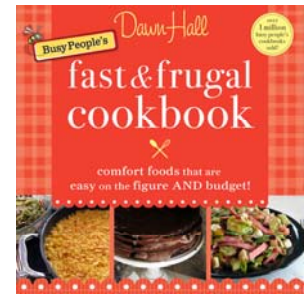
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## Turkey Asparagus Casserole in Dill Cream Sauce (Cookbook Page 164)

### Grocery List

#### MEAT

1½ lbs boneless, skinless turkey breast

#### DAIRY

Fat-free sour cream (1 cup needed)

Plain non-fat yogurt (1/2 cup needed)

#### FROZEN

#### PACKAGED

Chicken broth\* (or chicken bouillon broth) (3 cups needed)

Minced garlic (2 teaspoons needed)

Extra wide egg noodles (4 cups needed)

2 (14.5- ounce) cans asparagus cuts and tips

1 (20-ounce) can crushed pineapple

1(10-ounce) jar maraschino cherries

Miniature marshmallows (2 cups needed)

#### PANTRY

Dry dill weed (1 teaspoon needed)

Splenda granular (2 tablespoons needed)

Finely chopped pecans (1/4 cup needed)

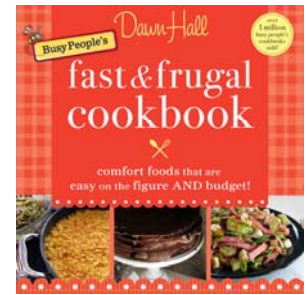
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## **Beef is Boss Chili Mac** (Cookbook Page 166)

### Grocery List

#### **PRODUCE**

1 head iceberg lettuce (6 cups chopped)

#### **DAIRY**

Non-fat plain yogurt (½ cup needed)

Sugar-free French vanilla creamer (¼ cup needed)

#### **PACKAGED**

2 (14.5-ounce) cans diced chili ready peeled tomatoes

1 (15.5-ounce) can hot & spicy chili beans

2 (12-ounce) cans (Hormel) roast beef

1 (8-ounce) box thin spaghetti

#### **PANTRY**

*Salt (dash needed)*

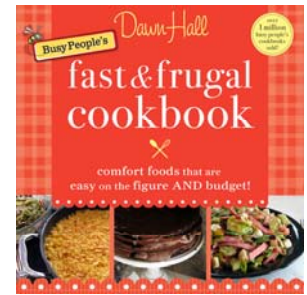
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## **Italian Mini Meatloaves (Cookbook Page 168)**

### **Grocery List**

#### **PRODUCE**

8-ounces pre-sliced fresh mushrooms

#### **MEATS/POULTRY/SEAFOOD**

2 (19.2-ounce) packages Italian flavored ground turkey

20 slices of turkey pepperoni

#### **DAIRY**

2 Eggs

#### **PACKAGED**

1 (14.5-ounce) can Italian diced tomatoes

2 cups Italian flavored bread crumbs

1 (14-ounce) jar pizza sauce

2 (14.5-ounce) Italian cut green beans

2 (15-ounce) cans sliced potatoes

#### **PANTRY**

Butter flavored sprinkles

Italian seasoning

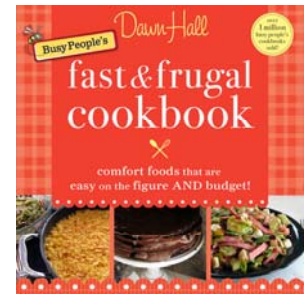
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## **Onion and Mushroom Smothered Burgers (Cookbook Page 170)**

### **Grocery List**

#### **PRODUCE**

2 Medium sweet onions

1 (8-ounce) package sliced fresh mushrooms

Cluster of grapes or orange slices as a side

#### **MEATS/SEAFOOD/POULTRY**

1 (16-ounce) package lean ground beef (8% fat)

#### **PACKAGED**

2 (14.5-ounce) can green beans-drained

1 (15-ounce) can diced potatoes

Fat-free Italian salad dressing

Diced pimentos

#### **PANTRY**

Garlic salt

Liquid smoke

Worcestershire sauce

Butter flavored sprinkles

Real bacon bits

Non-fat butter flavored cooking spray

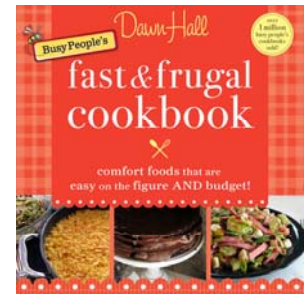
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## **Penne in Creamy Italian Sauce** (Cookbook Page 172)

### **Grocery List**

#### **MEATS/ POULTRY**

15 pieces turkey pepperoni

#### **DAIRY**

Light butter

100% grated parmesan cheese (1 tablespoon needed)

Fat-free sour cream (1 cup needed)

Low-fat ricotta cheese (1/2 cup needed)

#### **PACKAGED**

1 (16-ounce) box penne pasta

1 can pitted ripe olives

1 (14-ounce) jar pizza sauce

1 (14.5-ounce) can Italian diced tomatoes

1 (7.5-ounce) can home-style biscuits

3 (14.5-ounce) cans Italian cut green beans

1 (6.5-ounce) can mushrooms stems and pieces

Italian Salad dressing (1/4 cup needed)

#### **PANTRY**

Italian seasoning

Garlic salt

Olive oil cooking spray

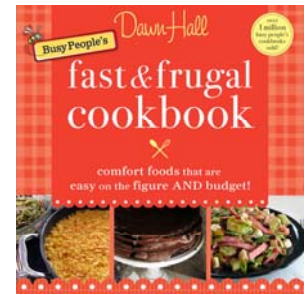
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## **Beef Gravy over Biscuits** (Cookbook Page 174)

### **Grocery List**

#### **PRODUCE**

1 Large stalk of celery

Fresh parsley (1/4 cup needed)

#### **MEATS**

1 (16-ounce) package extra lean ground beef

#### **DAIRY**

Skim milk (3 cups needed)

#### **PACKAGED**

1 (7.5-ounce) can home-style biscuits

1 (8.5-ounce) can peas and carrots

Diced pimento (3 tablespoons needed)

Fat-free Italian salad dressing (1/3 cup needed)

2 (15-ounce) cans whole segment mandarin oranges in light syrup

1 (6-ounce) can whole segment mandarin oranges in light syrup

Maraschino cherries

#### **PANTRY**

McCormick Montreal Steak seasoning

Cornstarch

Ground allspice

Splenda brown sugar blend

Imitation flavored butter buds

Non-stick cooking spray

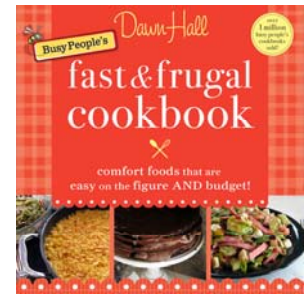
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## **Pasta Ribbons in Creamy Tomato Sauce (Cookbook Page 176)**

### **Grocery List**

#### **DAIRY**

4 ounces fat-free cream cheese

Low-fat ricotta cheese (1 cup needed)

Light fat-free vanilla yogurt (1/2 cup needed)

Fancy shredded parmesan cheese blend (3 tablespoons needed)

#### **PACKAGED**

2 (14-ounce) cans Italian cut green beans GV

1 (7-ounce) can mushrooms (pieces and stems)

Diced pimento

Black olives

1 (8-ounce) package reduced-fat crescent rolls

1 (12-ounce) package egg free wide pasta ribbons GV

1 (26-ounce) jar of favorite low-fat spaghetti sauce (I used Great Value)

1 (14.5-ounce) can Italian diced tomatoes GV

#### **PANTRY**

Worcestershire

Dried minced onion

Dried Italian seasoning

Minced garlic (from jar is fine)

Garlic salt

Butter-flavored cooking spray

Onion salt

Non-stick cooking spray

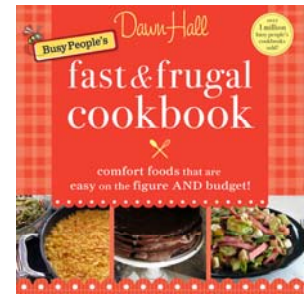
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## **Linguine with Creamy Sausage, Mushroom and Asparagus Sauce**

(Cookbook Page 178)

### **Grocery List**

#### **MEATS/ POULTRY**

1 (16-ounce) package lean turkey breakfast sausage

#### **DAIRY**

2½ cups fat-free milk (2 ½ cups needed)

#### **PACKAGED**

1 (8-ounce) package sliced mushrooms

2 (14.5-ounce) cans asparagus cuts and tips GV

1 (16-ounce) box linguine GV

1 (20-ounce) can no sugar added apple pie filling

1 (25-ounce) jar unsweetened applesauce

Dried mixed berries (1/2 cup needed)

#### **PANTRY**

Dried thyme

Cornstarch

Non-stick cooking spray

Allspice

Splenda granular

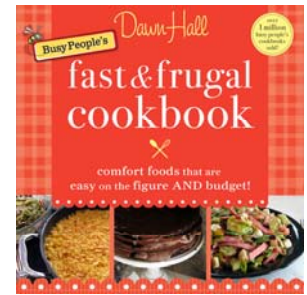
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## **Sheppard's Pie One Pan Dinner** (Cookbook Page 180)

### **Grocery List**

#### **PRODUCE**

1 Medium sweet onion

#### **MEATS**

2 ¼ Pounds extra lean ground beef

#### **DAIRY**

Fat-free sour cream (1/2 cup needed)

#### **PACKAGED**

2 (15-ounce) cans of mixed vegetables

1 (0.87-ounce) package brown gravy mix

2 (14.5-ounce) cans diced potatoes

#### **PANTRY**

Butter Buds (imitation butter flavored sprinkles)

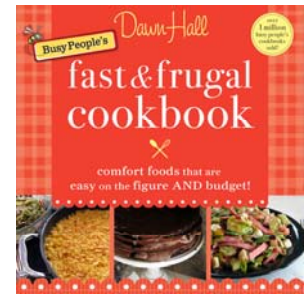
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## **Cheese is King Macaroni and Cheese (Cookbook Page 182)**

### **Grocery List**

#### **MEATS**

4 slices 97% fat-free honey ham

#### **DAIRY**

1 (1-pound) package shredded fat-free cheddar cheese

#### **PACKAGED**

3 cups elbow macaroni

24 Three Cheese Flavored Baked Crisp Snacks Crackers

3 (14.5-ounce) cans no salt added French style green beans

Low-fat slaw dressing (I used Marzetti) (1/4 cup needed)

#### **PANTRY**

4 cups chicken broth

Soy sauce

Minced garlic

Ground black pepper

Buttered flavored cooking spray

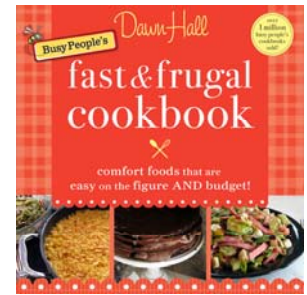
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## **Mushroom and Onion Beef Stew with Biscuits** (Cookbook Page 184)

### **Grocery List**

#### **PRODUCE**

1 Medium-large sweet onion (need to make 2 cups chopped)

1 (8-ounce) package fresh sliced mushrooms

#### **PACKAGED**

2 (15-ounce) cans sliced new potatoes

2 (12-ounce) cans Hormel roast beef and gravy

1 (7-ounce) can home-style biscuits

2 (14.5-ounce) cans sliced carrots

1 (0.14-ounce) packet sugar-free spiced cider apple flavor drink mix

#### **PANTRY**

Rubbed thyme

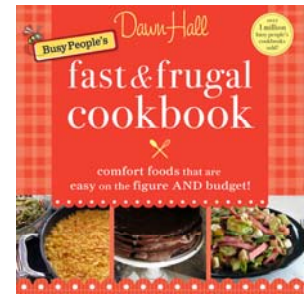
Canadian steak seasoning

Non-stick cooking spray

Light butter

Ground black pepper (optional)

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## **Beef Stroganoff** (Cookbook Page 186)

### **Grocery List**

#### **PRODUCE**

1 (8-ounce) package sliced mushrooms

#### **MEATS**

½ Pound any cooked left over lean steak or hamburger

#### **DAIRY**

Fat-free sour cream (1 cup needed)

#### **PACKAGED**

No Yolks noodles, (dumpling size) (4 cups needed)

3 (14.5-ounce) cans asparagus cuts and tips

Fat-free Italian salad dressing GV (3 tablespoons needed)

Pimento (optional)

French bread (optional)

#### **PANTRY**

4 cups beef broth made from bouillon plus ½ cup

Minced garlic

Minced onion

Splenda granular

Cornstarch

Salt and pepper

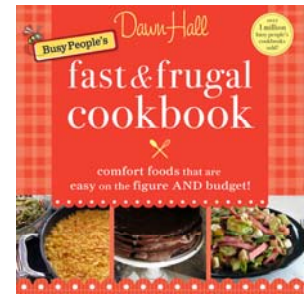
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## **Beef Pot Pie** (Cookbook Page 188)

### **Grocery List**

#### **PRODUCE**

- 4-5 Celery stalks
- 1 Medium sweet onion
- 1 Fresh grapefruit

#### **FROZEN**

- 5 Fillo dough sheets

#### **PACKAGED**

- 1 (14.5-ounce) can peas and carrots
- 1 (14.5-ounce) can cut green beans no salt added
- 2 (12-ounce) cans beef and gravy (Hormel)
- 2 (15-ounce) cans mandarin oranges in light syrup

#### **PANTRY**

- Rubbed thyme
- Splenda brown sugar blend
- Non-stick cooking spray

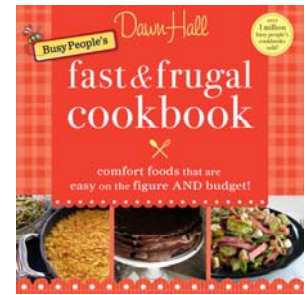
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## **Oriental Chicken Pot Pie** (Cookbook Page 190)

### **Grocery List**

#### **FROZEN**

- 2 (14-ounce) bags frozen stir fry vegetables
- Fat-free dessert whipped topping (3 tablespoons needed)
- 5 Fillo dough sheets
- 1 (16-ounce) package frozen berry medley

#### **PACKAGED**

- 2 (12.5-ounce) cans chicken breast in water
- 1 (14-ounce) can bean sprouts
- Teriyaki Baste & Glaze (Kikkoman) (1/2 cup needed)
- 1 (20-ounce) can no sugar added cherry pie filling

#### **PANTRY**

- Cornstarch
- Almond extract
- Splenda granular
- Non-stick cooking spray

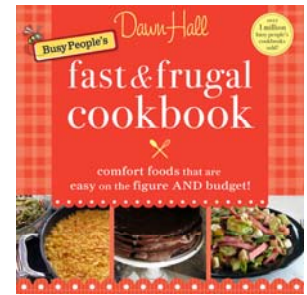
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## Wet Pizza Burrito Casserole (Cookbook Page 192)

### Grocery List

#### PRODUCE

Fresh parsley (need 1 cup chopped)

1 Large head of iceberg lettuce

#### MEATS

62 slices of pepperoni

#### DAIRY

Shredded part skim milk mozzarella cheese (1/2 cup needed)

#### PACKAGED

1 (14.5-ounce) can Italian diced tomatoes

1 (6.5-ounce) can pieces and stems mushrooms

2 (14-ounce) jars pizza sauce

7 fat-free flour tortilla shells

Fat-free Italian salad dressing (1 cup needed)

Jar of mild Pepperoncini peppers (Vlasic) (need 1/4 cup of the juice)

#### PANTRY

Non-stick cooking spray

Minced garlic

Dried Italian seasoning