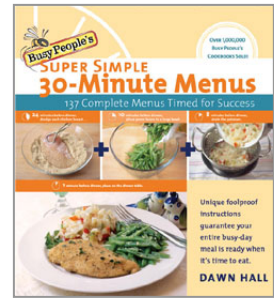


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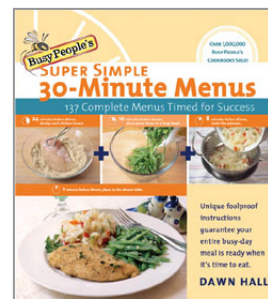
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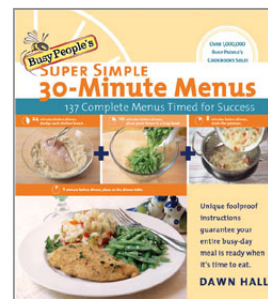
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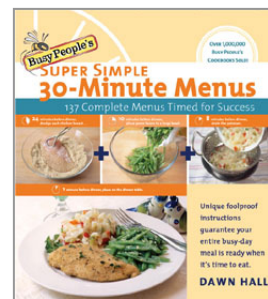
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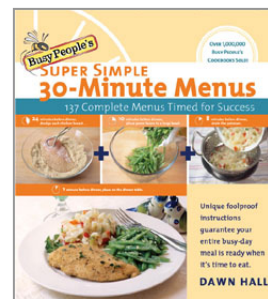
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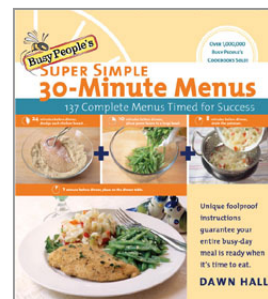
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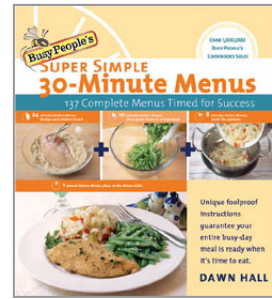
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**Spicy Shrimp Soup** (Cookbook Page 2)

**Grocery List**

**PACKAGED**

- 3 cups Bloody Mary mix (nonalcoholic)
- 1 (14 1/2-ounce) can diced stewed tomatoes
- 1 (8-ounce) bottle French salad dressing
- Prepared horseradish
- Marble rye bread (optional)

**PRODUCE**

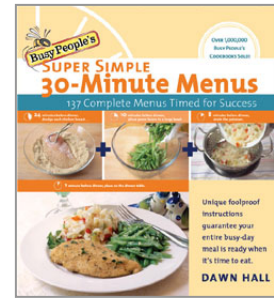
- 2 large cucumbers
- Celery

**FROZEN**

- 1 1/2 pounds cooked and peeled cocktail shrimp (40 to 50-count per pound)

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**Buffalo Chicken Salad Soft Tacos** (Cookbook Page 4)

**Grocery List**

**PACKAGED**

Buffalo chicken wing sauce  
1 (13-ounce) can chicken breast in water  
6 flour tortillas  
Marshmallow crème  
4 ounces fat-free cream cheese

**PRODUCE**

Celery  
2 large tomatoes  
3 large green bell peppers  
1/4 seedless watermelon  
1 cup fresh blueberries

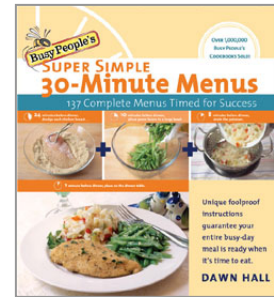
**DAIRY**

4 ounces fat-free cream cheese  
1/2 cup shredded fat-free cheddar cheese



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**Hawaiian Chicken Salad Sandwich** (Cookbook page 6)

**Grocery List**

**PACKAGED**

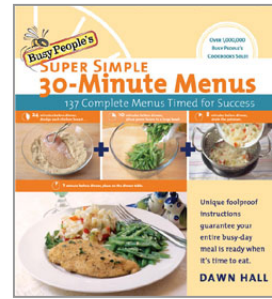
- 2 (13-ounce) cans chicken breast in water
- 1 (8-ounce) can sliced pineapple in pineapple juice
- Teriyaki Baste & Glaze
- 1 (16-ounce) round loaf Hawaiian sweet bread

**PRODUCE**

- Red onion
- 1 head red leaf lettuce
- 1/2 large honeydew melon
- 1 medium cantaloupe

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**Not Just Another Chicken Salad Sandwich** (Cookbook page 8)

**Grocery List**

**PACKAGED**

1 (13-ounce) can chicken breast in water

Fat-free Italian dressing mix

Marshmallow crème

1 (8-ounce) loaf French bread

**PRODUCE**

Celery

Lettuce and tomato (optional)

1/2 watermelon

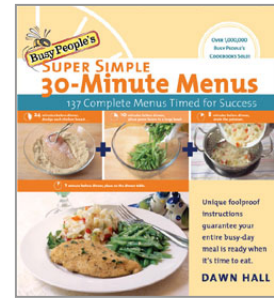
**DAIRY**

1 (8-ounce) container fat-free sour cream

1 (8-ounce) package fat-free cream cheese

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**Freckled Cucumber & Ham Salad** (Cookbook page 10)

**Grocery List**

**PACKAGED**

Ranch salad dressing mix

1 (0.3 ounce) box sugar-free raspberry-flavored gelatin dessert mix

Reduced-fat butter-flavored or whole wheat crackers

**PRODUCE**

1 Vidalia onion

1 seedless watermelon

1 cantaloupe

1 fresh pineapple

2 large cucumbers

**MEAT**

1 pound extra-lean smoked ham

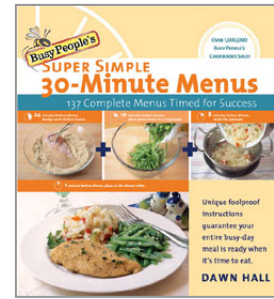
**DAIRY**

1 cup shredded fat-free mild cheddar cheese

1/2 cup fat-free French vanilla nondairy creamer

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**Barbequed Chicken Salad** (Cookbook page 12)

**Grocery List**

**PACKAGED**

- 1 1/2 cups sweet barbeque sauce
- 2 (13-ounce) cans chicken breast in water
- Fat-free croutons
- Whole wheat low-fat crackers

**PRODUCE**

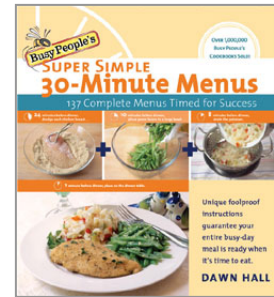
- 3 medium heads iceberg lettuce
- Medium sweet onion
- 1 pint grape or cherry tomatoes
- 1 pound fresh red seedless grapes
- 1 pound fresh green seedless grapes

**DAIRY**

- 1 cup shredded fat-free cheddar cheese

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**Chilled Tex-Mex Black Bean Soup** (Cookbook page 14)

**Grocery List**

**PACKAGED**

- 1/2 cup sliced black olives
- 1 (11 1/2-ounce) bottle
- V-8 juice
- 1 (14-ounce) can diced chili-style tomatoes
- 1 (15-ounce) can black beans
- 1 (11-ounce) can Mexicorn
- 2 1/2 cups mild chunky salsa
- Fat-free French salad dressing
- Baked tortilla chips

**PRODUCE**

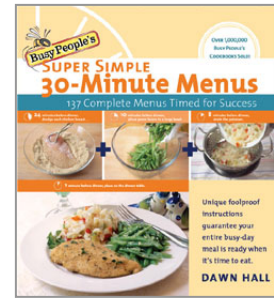
- 1 bunch green onions
- 1 head iceberg lettuce

**DAIRY**

- 1 (16-ounce) container fat-free sour cream
- 4 ounces fat-free cream cheese
- 1 cup shredded fat-free cheddar cheese

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**Bold & Spicy Gazpacho** (Cookbook page 16)

**Grocery List**

**PACKAGED**

3 cups Bold and Spicy Bloody Mary Mix (nonalcoholic)  
2 (14 1/2-ounce) cans diced tomatoes with basil, garlic, and oregano  
Sourdough French bread  
Fat-free Italian salad dressing

**PRODUCE**

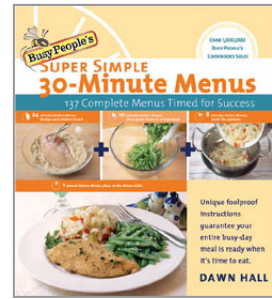
2 medium cucumbers  
1 yellow or orange bell pepper  
1 small green onion  
1 medium tomato

**DAIRY**

Low-fat blue cheese crumbles

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**Beef & Spinach Salad with Sweet Lime Dressing** (Cookbook page 18)

**Grocery List**

**PACKAGED**

Low-fat bagel chips  
2 (15-ounce) cans mandarin oranges in light syrup  
Lime juice concentrate  
Reduced-fat real bacon bits

**PRODUCE**

2 (10-ounce) bags fresh spinach  
18 large strawberries  
1 bunch green onions

**MEAT**

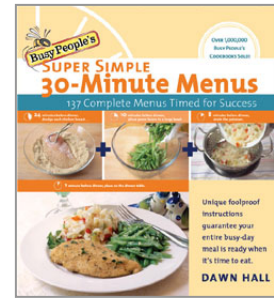
1 1/2 pounds extra-lean deli-style roast beef, cut into small strips  
1/4 cup reduced-fat real bacon bits

**DAIRY**

1 (16-ounce) container fat-free sour cream  
4 ounces fat-free cream cheese  
Low-fat blue cheese crumbles

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**Crunchy Crab Salad** (Cookbook page 20)

**Grocery List**

**PACKAGED**

- 3 (8-ounce) packages imitation crabmeat
- Ranch salad dressing mix
- Raspberry jam
- Low-fat whole wheat crackers

**PRODUCE**

- 1 medium red bell pepper
- 2 large cucumbers
- 1 green onion
- 3 small honeydew melons (optional)
- Fresh dill weed

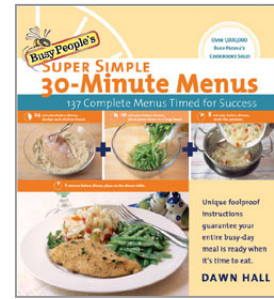
**DAIRY**

- 1 (8-ounce) package fat-free cream cheese
- Half pint French vanilla nondairy creamer



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**Little Italy Chicken Salad with Cantaloupe Slices** (Cookbook page 22)

**Grocery List**

**PACKAGED**

- 1 (16-ounce) loaf crusty French bread
- Dill pickle spears
- 1 (8-ounce) bottle fat-free Italian salad dressing

**PRODUCE**

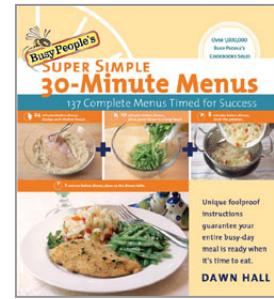
- 1 medium tomato
- 1 medium cucumber
- 1 large red bell pepper
- 1 large cantaloupe

**POULTRY**

- 2 chicken breasts from a rotisserie chicken

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**Honey Dijon Chicken Salad Sandwiches** (Cookbook page 24)

**Grocery List**

**PACKAGED**

- 1 (16-ounce) round loaf Hawaiian sweet bread
- 1 (13-ounce) can chicken breast in water
- 1/4 cup dried cranberries
- 1 (8-ounce) bottle fat-free honey Dijon salad dressing
- 1 (0.3-ounce) box sugar-free strawberry gelatin mix

**PRODUCE**

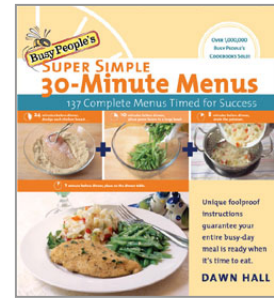
- Celery
- 2 pounds baby carrots
- 1 head romaine or iceberg lettuce
- 1 (4-pound) seedless watermelon

**SEASONINGS**

- Poppy seeds

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**Tabbouleh Tuna Pockets** (Cookbook page 26)

**Grocery List**

**PACKAGED**

- 3 (6-ounce) cans chunk light tuna in water
- 1/2 cup tabbouleh salad
- 1 (8-ounce) bottle reduced-fat red wine vinaigrette
- 3 whole wheat pita bread rounds

**PRODUCE**

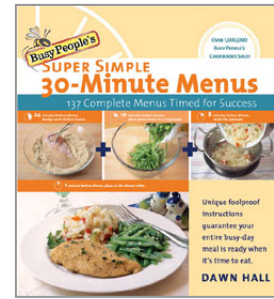
- 6 small vine-ripened tomatoes
- 1 head romaine lettuce

**DAIRY**

- 4 ounces fat-free feta cheese

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**Smoked Salmon Caesar Salad** (Cookbook page 38)

**Grocery List**

**PACKAGED**

- 1 (8-ounce) bottle fat-free Caesar Italian salad dressing
- Reduced-fat Parmesan-style grated topping
- Ranch dip mix (Hidden Valley)
- Reduced-fat butter-flavored crackers

**PRODUCE**

- 3 large heads romaine lettuce
- 12 clementines

**FISH**

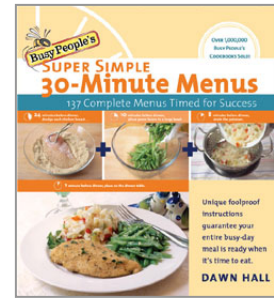
- 3 (3-ounce) foil packages Smoked Alaskan Pacific salmon

**DAIRY**

- Skim milk
- 3 ounces fat-free cream cheese
- 1 (8-ounce) container fat-free sour cream
- 1/4 cup low-fat crumbled blue cheese

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**Ham & Yam Casserole** (Cookbook page 32)

**Grocery List**

**PACKAGED**

- 30%-less-fat bacon pieces
- 10 reduced-fat butter-flavored crackers
- 1/2 cup sugar-free maple syrup
- 1/2 cup fat-free French salad dressing

**PRODUCE**

- 4 large sweet potatoes

**FROZEN**

- 2 (16-ounce) bags frozen cauliflower

**DAIRY**

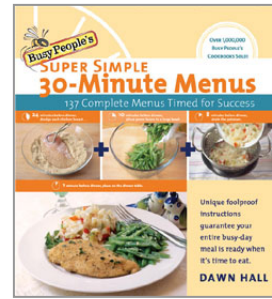
- Light butter

**MEAT**

- 2 (8-ounce) packages fully cooked extra-lean diced ham

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**Tuna Tabbouleh Rice Casserole** (Cookbook page 34)

**Grocery List**

**PACKAGED**

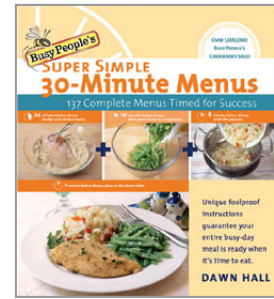
- 1 (14 1/2-ounce) can diced tomatoes with green pepper, celery, and onion
- 1 cup tabbouleh salad
- Instant whole grain brown rice
- 3 (6-ounce) cans tuna in water
- 1 (10 3/4 ounce) can
- 98% fat-free cream of celery soup
- Fat-free honey Dijon salad dressing

**PRODUCE**

- 1 1/2 pounds fresh asparagus spears

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**Three-Pepper, Four-Cheese Chicken Pasta** (Cookbook page 36)

**Grocery List**

**PACKAGED**

- 1 (26-ounce) jar three-cheese pasta sauce
- 1 (12-ounce) bag No-Yolk extra-broad noodles

**PRODUCE**

- 1 cup sliced mushrooms
- 1 (9-ounce) bag prewashed fresh spinach

**FROZEN**

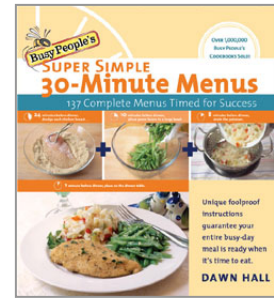
- 1 (16-ounce) bag frozen three-pepper and onion blend vegetables
- 3 (8-ounce) frozen boneless, skinless chicken breasts

**DAIRY**

- Light butter
- 1/2 cup low-fat ricotta cheese
- 1/2 cup shredded fat-free mozzarella cheese
- 1/2 cup skim milk
- 1 cup pasteurized liquid egg substitute
- Reduced-fat Parmesan-style grated topping
- 1 (7 1/2-ounce) package refrigerated buttermilk biscuits

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**Philly Cheese Steak Macaroni Casserole** (Cookbook page 39)

**Grocery List**

**PACKAGED**

Dinner rolls

1 (14-ounce) can 99% fat-free beef broth

Elbow macaroni pasta Splenda granular

30%-less-fat real bacon pieces

Italian croutons

1 (8-ounce) bottle fat-free zesty Italian Salad dressing

**PRODUCE**

1 medium onion

1 cup fresh strawberries

1 (10-ounce) bag prewashed fresh baby spinach

**MEAT**

3/4 pound thinly sliced deli sliced roast beef

**DAIRY**

1/2 cup fat-free mozzarella cheese

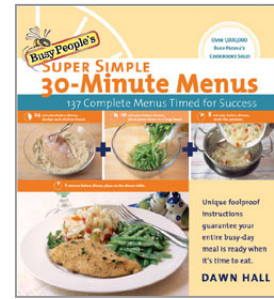
Light butter

Blue cheese crumbles



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## **One-Pan Italian Chicken Noodle Casserole** (Cookbook page 42)

### **Grocery List**

#### **PACKAGED**

- 2<sup>3</sup>/<sub>4</sub> cup chicken broth
- 1 (10<sup>3</sup>/<sub>4</sub>-ounce) can 98% fat-free condensed cream of chicken soup
- 1 (12-ounce) bag No-Yolk noodles
- 1 (7-ounce) can sliced mushrooms
- 1/4 cup reduced-fat Parmesan-style grated topping
- Fat-free Italian salad dressing

#### **PRODUCE**

- 2 small zucchini
- 2 small yellow squash
- 10 grape tomatoes

#### **DAIRY**

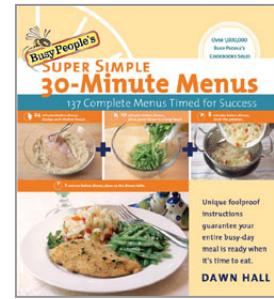
- 1 (7<sup>1</sup>/<sub>2</sub>-ounce) can refrigerated buttermilk biscuits

#### **POULTRY**

- 1 pound chicken stir-fry breasts

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**Reuben Macaroni Casserole** (Cookbook page 44)

**Grocery List**

**PACKAGED**

30%-less-fat real bacon pieces  
2 (14-ounce) cans 99% fat-free beef broth  
Elbow macaroni  
1 (14-ounce) can sauerkraut  
1 (15-ounce) can mandarin oranges  
Zesty Italian croutons  
1 (8-ounce) bottle fat-free  
Thousand Island salad dressing (optional)  
1 (8-ounce) bottle fat-free  
Italian salad dressing

**PRODUCE**

1 (10-ounce) bag prewashed fresh baby spinach

**MEAT**

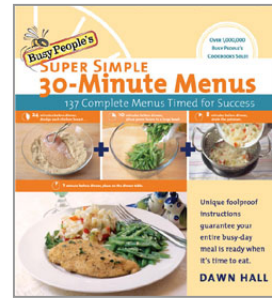
3 (2-ounce) packages corned beef

**DAIRY**

1/2 cup shredded fat-free mozzarella cheese  
Blue cheese crumbles

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**Peppercorn Ranch Casserole** (Cookbook page 46)

**PACKAGED**

- 2 (13-ounce) cans 98% fat-free white chicken
- 1 (12-ounce) bag No-Yolk noodles
- Light ranch salad dressing
- Ranch salad dressing mix

**FROZEN**

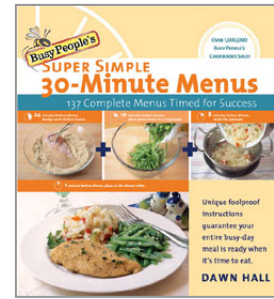
- 2 (16-ounce) bags frozen
- California blend vegetables

**DAIRY**

- Light butter

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**Pork Dijon & Brown Rice Casserole** (Cookbook page 48)

**Grocery List**

**PACKAGED**

Whole grain instant brown rice

French bread

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

1 (15-ounce) can asparagus

3 (14<sup>1</sup>/<sub>2</sub>-ounce) cans turnip greens with diced white turnips

1 (16-ounce) bottle fat-free honey Dijon salad dressing

Liquid smoke

**PRODUCE**

1/4 cup chopped onion

**MEAT**

1 1/2 pounds extra-lean pork loin

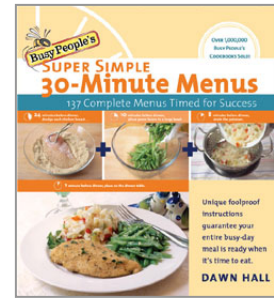
4 ounces diced ham

**DAIRY**

3/4 cup shredded fat-free mozzarella cheese

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**Mediterranean Chicken Pasta Casserole** (Cookbook page 50)

**Grocery List**

**PACKAGED**

- 1/2 cup tabbouleh
- Green olives
- 1 (12-ounce) bag No-Yolk noodles
- 2 (12-ounce) cans 98% fat-free chicken
- 1 (14-ounce) can artichokes
- 3 mild cherry peppers
- 1 (8-ounce) bottle fat-free Italian salad dressing

**PRODUCE**

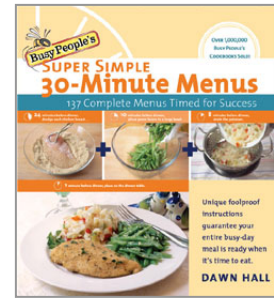
- 1 red onion
- 1 head iceberg lettuce

**DAIRY**

- Fat-free crumbled Feta cheese

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**Barbequed Beef Pasta Casserole** (Cookbook page 52)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) bag No-Yolk noodles
- Reduced-fat Parmesan-style grated topping
- Liquid smoke
- Mesquite-flavored barbeque sauce

**FROZEN**

- 2 (16-ounce) bags frozen cauliflower

**MEAT**

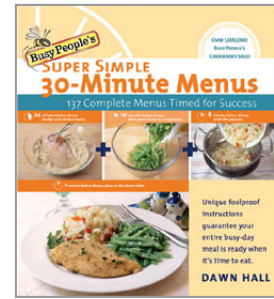
- 1 pound extra-lean deli-style sliced roast beef

**DAIRY**

- 1 cup shredded fat-free cheddar cheese
- 7 slices fat-free sharp cheddar cheese slices

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**Caesar Chicken Pasta Casserole** (Cookbook page 54)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) bag No-Yolk noodles
- 2 (12-ounce) cans 98% fat-free chicken
- Reduced-fat Parmesan-style grated topping
- Fat-free croutons
- 1 (16-ounce) bottle fat-free Caesar salad dressing
- 30%-less-fat real bacon pieces

**PRODUCE**

- 9 cups precut romaine lettuce
- 6 Portobello mushrooms

**FROZEN**

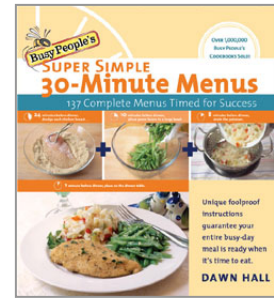
- 1/4 cup frozen chopped onion

**DAIRY**

- 1/2 cup shredded fat-free cheddar cheese

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**Beefy Ranch Stroganoff** (Cookbook page 56)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) bag No-Yolk noodles
- 1 (8-1/4-ounce) can sliced carrots
- 2 (12-ounce) cans 98% fat-free roast beef with gravy
- 1 (7-ounce) can sliced mushrooms
- 1 (8-ounce) bottle fat-free Ranch salad dressing

**FROZEN**

- 2 (16-ounce) bags frozen broccoli cuts

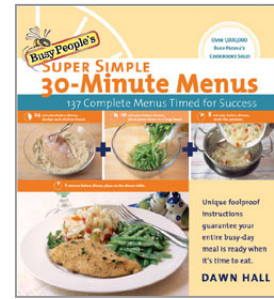
**SEASONINGS**

- Ranch salad dressing mix



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**Swiss Ranch Beef Pasta Casserole** (Cookbook page 58)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) bag No-Yolk noodles
- 5 Holland-style whole onions
- 1 (8-ounce) bottle fat-free French salad dressing
- Fat-free ranch salad dressing
- Ranch salad dressing mix
- 1 (7-ounce) can sliced mushrooms
- 30%-less-fat real bacon pieces
- 2 (12-ounce) cans roast beef with gravy

**PRODUCE**

- 1 large head romaine lettuce
- 1 red onion
- 1 medium tomato
- 1 medium cucumber

**FROZEN**

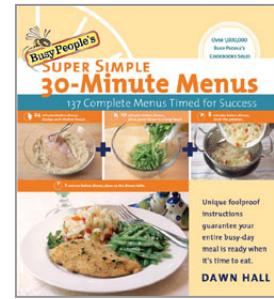
- 1 (16-ounce) bag frozen broccoli cuts

**DAIRY**

- 2 slices reduced-fat Swiss cheese
- Light butter

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**Mediterranean Pork & Brown Rice Casserole** (Cookbook page 60)

**Grocery List**

**PACKAGED**

Whole grain instant brown rice  
1 (14-ounce) can artichokes  
Tabbouleh  
1 bag bagel chips  
1 (16-ounce) bottle fat-free Italian salad dressing  
Green olives  
3 mild cherry peppers

**PRODUCE**

1 red onion  
9 cups prewashed spring mix lettuce

**MEAT**

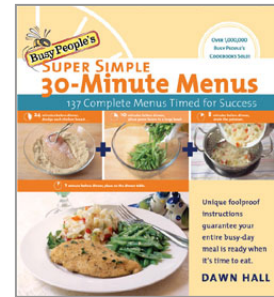
1 1/2 pounds pork tenderloin

**DAIRY**

1/2 cup plus 2 tablespoons fat-free feta cheese crumbles

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**Chicken Dijon Pasta Casserole** (Cookbook page 62)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) bag No-Yolk noodles
- 2 (12-ounce) cans 98% fat-free chicken
- 1 (16-ounce) bottle fat-free honey Dijon mustard salad dressing
- Reduced-fat Parmesan-style grated topping

**FROZEN**

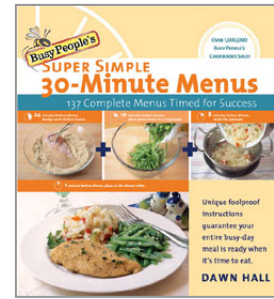
- 2 (16-ounce) bags frozen broccoli

**DAIRY**

- 1 cup shredded fat-free cheddar cheese
- 7 slices fat-free cheddar cheese

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**Chicken & Broccoli Pasta Casserole** (Cookbook page 64)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) bag No-Yolk noodles
- 1 (10<sup>3</sup>/<sub>4</sub>-ounce) can 98% fat-free cheese and broccoli soup
- 2 (12-ounce) cans 98% fat-free chicken in water
- 30%-less-fat real crumbled bacon pieces
- 1/4 cup raisins

**PRODUCE**

- 1 (10-ounce) bag prewashed fresh spinach

**FROZEN**

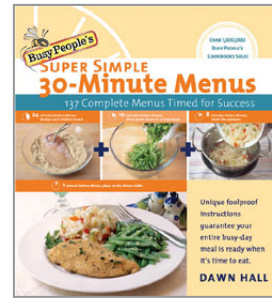
- 1 (16-ounce) bag frozen broccoli cuts

**DAIRY**

- 1 cup shredded fat-free Cheddar

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**Southwestern Chicken Pasta Casserole** (Cookbook page 66)

**Grocery List**

**PACKAGED**

1 (10-3/4-ounce) can 98% fat-free cream of celery soup

1 (12-ounce) bag No-Yolk noodles

2 (12-ounce) cans 98% fat-free chicken

Baked nacho cheese-flavored tortilla chips

**PRODUCE**

1 large head iceberg lettuce

18 grape tomatoes

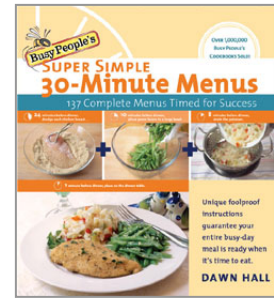
**DAIRY**

1 1/2 cups shredded fat-free cheddar cheese

1/4 cup fat-free sour cream

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**Roadhouse Turkey Casserole** (Cookbook page 68)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) bag No-Yolk noodles
- 1 (12 1/2-ounce) can turkey breast in water
- 1 (8-ounce) bottle barbeque sauce
- Fat-free ranch salad dressing
- 1/4 cup 30%-less-fat real bacon pieces
- 2 (14-1/2-ounce) cans asparagus
- 2 (4-ounce) can mushroom stems and pieces

**FROZEN**

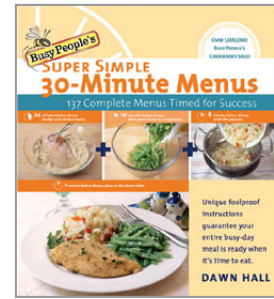
- 1/4 cup frozen chopped onion

**DAIRY**

- 1 cup shredded fat-free cheddar cheese

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**Ranch-Style Chicken, Mushroom & Rice Casserole** (Cookbook page 70)

**Grocery List**

**PACKAGED**

- 2 (12-ounce) cans chicken breast in water
- Whole grain instant brown rice
- 1 (8-ounce) bottle fat-free ranch salad dressing

**PRODUCE**

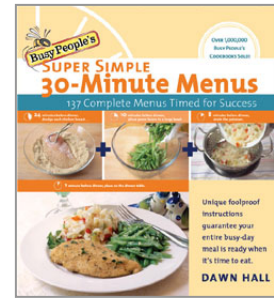
- 8 ounces sliced fresh mushrooms
- 1 fresh medium pear
- 1 large head iceberg lettuce

**DAIRY**

- Fat-free sour cream
- 3 slices reduced-fat Swiss cheese
- Fat-free feta cheese

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**Black & Blue Beef Pasta Casserole** (Cookbook page 72)

**Grocery List**

**PACKAGED**

1 (12-ounce) bag No-Yolk noodles  
Fat-free blue cheese salad dressing

**PRODUCE**

8 ounces sliced fresh mushrooms  
1 (10-ounce) bag prewashed fresh spinach

**MEAT**

1 pound extra-lean deli-style sliced roast beef

**FROZEN**

1/2 cup frozen chopped onion

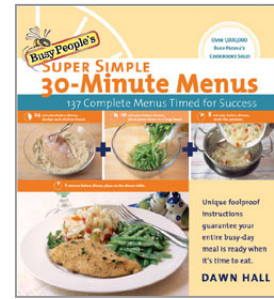
**DAIRY**

Fat-free blue cheese crumbles



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**Antipasto Casserole** (Cookbook page 74)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) bag No-Yolk noodles
- 1 (16-ounce) bottle fat-free zesty Italian salad dressing
- 1 small jar green olives
- 1 (14 1/2-ounce) can diced Italian style tomatoes
- Reduced-fat grated Parmesan-style topping

**FROZEN**

- 2 (16-ounce) bags frozen broccoli
- 1 (12-ounce) bag vegetarian sausage-flavored crumbles

**MEAT**

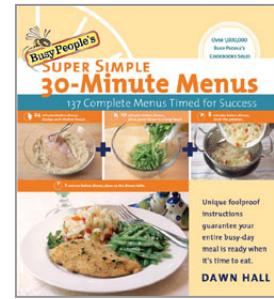
- 1 (4-ounce) package reduced-fat turkey pepperoni slices

**DAIRY**

- 9 slices fat-free cheddar cheese slices

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**Cheesy Ham & Cheddar Pasta Casserole** (Cookbook page 76)

**Grocery List**

**PACKAGED**

- 1 (16-ounce) box elbow pasta
- 1 (12-ounce) can evaporated skim milk
- 2 (14-1/2-ounce) cans  
French-style cut green beans
- 1 (8-ounce) bottle fat-free  
French salad dressing
- 30%-less-fat real bacon pieces
- Pimento

**PRODUCE**

- 3 large tomatoes

**FROZEN**

- Frozen chopped onions

**MEAT**

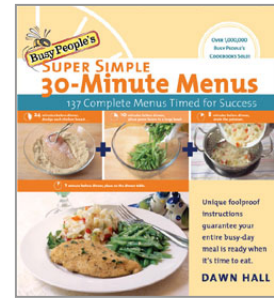
- 1 (8-ounce) package extra-lean ham

**DAIRY**

- 1 (8-ounce) package shredded fat-free sharp cheddar cheese
- 1 (8-ounce) package shredded fat-free mild cheddar cheese

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**Ham & Swiss Pasta Casserole** (Cookbook page 78)

**Grocery List**

**PACKAGED**

- 1 (16-ounce) box rigatoni pasta
- 1 (12-ounce) can evaporated skim milk
- Pimento

**PRODUCE**

- 8 ounces fresh mushrooms
- 1 1/2 pounds fresh asparagus spears

**MEAT**

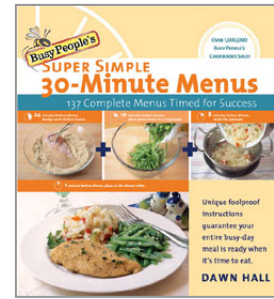
- 1 (8-ounce) package diced ham

**DAIRY**

- 1 (6.67-ounce) package reduced-fat Swiss cheese slices

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**Chipotle Chicken Pasta** (Cookbook page 80)

**Grocery List**

**PACKAGED**

- 1 (16-ounce) box rotini pasta
- 2 (8-ounce) cans tomato sauce
- 1 (13-ounce) can chicken breast in water
- 1 (14 1/2-ounce) can petite-diced tomatoes with mild green chilies

**PRODUCE**

- 1 large head iceberg lettuce

**FROZEN**

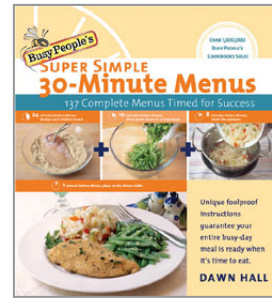
- 1/2 cup frozen chopped onions

**DAIRY**

- 1/2 cup shredded fat-free cheddar cheese
- 1/2 cup fat-free sour cream
- Reduced-fat Parmesan-style grated topping
- 1 (7 1/2-ounce) can refrigerated buttermilk biscuits

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**Mushroom & Swiss Chicken** (Cookbook page 82)

**Grocery List**

**PACKAGED**

2 (15-ounce) cans whole white potatoes

**PRODUCE**

1 pint grape tomatoes

1 medium cucumber

4 ounces fresh sliced

mushrooms

**POULTRY**

3 (8-ounce) chicken breasts

**DAIRY**

1/4 cup fat-free sour cream

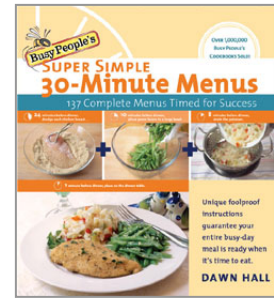
3 slices natural reduced-fat deli-thin sliced Swiss cheese

Light butter

Fat-free butter spray

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**Beef & Mushroom Rice Casserole** (Cookbook page 84)

**Grocery List**

**PACKAGED**

- Whole grain instant brown rice
- Fat-free croutons
- 1 (8-ounce) bottle fat-free French salad dressing
- 2 (12-ounce) cans roast beef with gravy
- 30% less-fat real bacon pieces

**FROZEN**

- 1/2 cup frozen chopped onion
- 8 ounces fat-free dessert whipped topping

**PRODUCE**

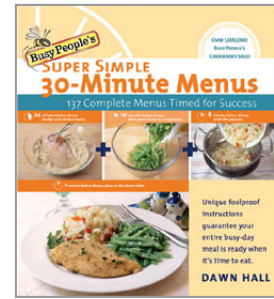
- 1 1/2 pounds fresh strawberries
- 8 ounces fresh sliced mushrooms
- 1 (10-ounce) bag fresh baby spinach

**DAIRY**

- 1 (8-ounce) package fat-free cream cheese
- 3 slices reduced-fat Swiss cheese

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**Southwestern Beef & Barley Soup** (Cookbook page 88)

**Grocery List**

**PACKAGED**

- 1 (14 1/2-ounce) can diced tomatoes with mild green chilies
- 1 (8 1/2-ounce) can sweet corn
- 1 cup mild salsa
- Bloody Mary mix (non-alcoholic)
- 30%-less-fat real bacon pieces
- 1 (12-ounce) can roast beef with gravy
- Quick pearl barley
- Tone's Southwest Chipotle Seasoning

**PRODUCE**

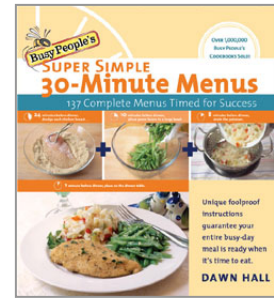
- 2 large cucumbers

**DAIRY**

- 4 ounces 1/3-less-fat cream cheese
- 1 (11-ounce) can refrigerated French bread loaf
- Nonfat butter spray

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**Chicken Barley Soup** (Cookbook page 90)

**Grocery List**

**PACKAGED**

1 (14 1/2-ounce) can stewed tomatoes with onion, celery, and green peppers

1 (12 1/2-ounce) can chicken breast in water

Buffalo chicken wing sauce

Fat-free blue cheese salad dressing

Quick-cook pearl barley

**FROZEN**

1/4 cup frozen chopped onion

**PRODUCE**

1/2 cup finely chopped celery

Celery

**DAIRY**

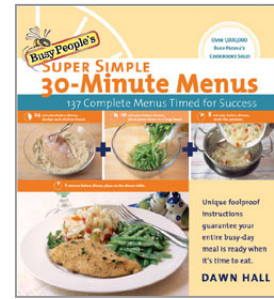
4 ounces fat-free cream cheese

Crumbled blue cheese



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**Smoked Sausage, Potatoes & Sauerkraut** (Cookbook page 92)

**Grocery List**

**PACKAGED**

- 1 (28-ounce) jar sauerkraut
- 2 (15-ounce) cans sliced white potatoes
- 3 (14 1/2-ounce) cans turnip greens with diced white turnips
- 1 (8 1/2-ounce) box corn muffin mix

**PRODUCE**

- 2 medium Gala apples

**FROZEN**

- 1 1/4 cup frozen chopped onion

**MEAT**

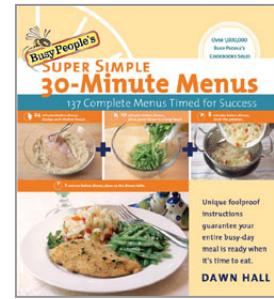
- 1 (14-ounce) package fat-free smoked sausage
- 4 ounces diced ham

**DAIRY**

- 2 eggs

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**Grandma's Beef & Noodles** (Cookbook page 94)

**Grocery List**

**PACKAGED**

- 2<sup>3</sup>/<sub>4</sub> cups 99% fat-free beef broth
- 1 (12-ounce) bag No-Yolk noodles
- 2 (12-ounce) cans roast beef in gravy
- 4 cups frozen Southern-style hash browns
- 2 (14<sup>1</sup>/<sub>4</sub>-ounce) can French-style green beans
- 1 (14<sup>1</sup>/<sub>2</sub>-ounce) can cut waxed beans

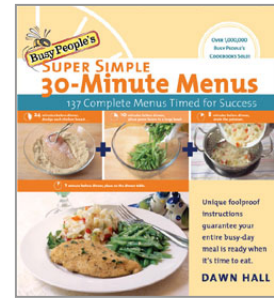
Diced pimento

**FROZEN**

- 1/2 cup frozen chopped onion

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## **Crabby Ham & Potato Au Gratin Chowder** (Cookbook page 96)

### **Grocery List**

#### **PACKAGED**

French bread

1 (8-ounce) bottle of your  
favorite low-calorie salad  
dressing

#### **PRODUCE**

2 cups fresh green vegetables, such as celery, broccoli, green bell pepper, green onion, fresh  
green beans

12 grape tomatoes

1 bunch green onions

9 cups chopped lettuce

#### **FROZEN**

3 cups frozen Potatoes O'Brien

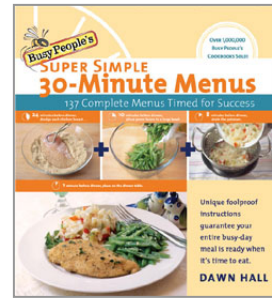
#### **MEAT/SEAFOOD**

1 (16-ounce) package fat free imitation crab

1 1/4 cup plus 6 tablespoons diced cooked ham

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**Chipped Beef Gravy over Toast Points** (Cookbook page 98)

**Grocery List**

**PACKAGED**

1 (8-1/2-ounce) can sweet peas

Light bread

Splenda granular

30%-less-fat real bacon pieces

**PRODUCE**

1 (12-ounce) bag broccoli coleslaw

**MEAT**

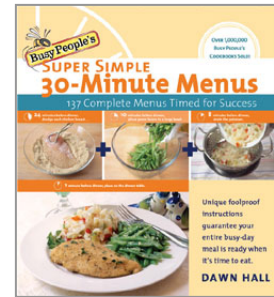
2 (6-ounce) packages chipped beef

**DAIRY**

1 pint fat-free half-and-half

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**Smoked Sausage & Sauerkraut** (Cookbook page 100)

**Grocery List**

**PACKAGED**

- 1 (15-ounce) can potatoes
- 3 (15-ounce) cans peach slices in juice
- 1 (32-ounce) jar sauerkraut

**PRODUCE**

- 1 medium Gala apple

**FROZEN**

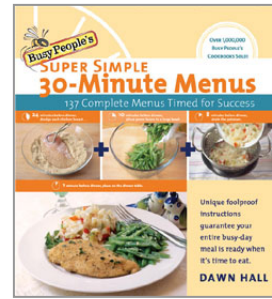
- Fat-free dessert whipped topping
- 1/2 cup frozen chopped onion

**MEAT**

- 1 (14-ounce) package lean smoked sausage

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**Creamed Chicken** (Cookbook page 102)

**Grocery List**

**PACKAGED**

1 (8 1/2-ounce) can sweet peas and carrots

1 (13-ounce) can chicken breast

2 (14-ounce) can whole green beans

30%-less-fat bacon pieces

Pimento

**FROZEN**

1/2 cup frozen chopped onions

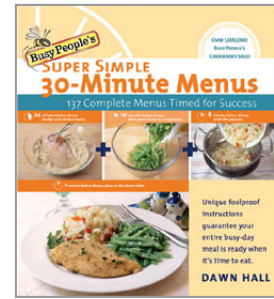
**DAIRY**

1 pint fat-free half-and-half

Can of refrigerated buttermilk biscuits\*

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**Frittata Olé with Chili** (Cookbook page 104)

**Grocery List**

**PACKAGED**

- 1 (15-ounce) can 99% fat-free chili with beans
- 1 (14 1/2-ounce) can diced tomatoes with green chilies
- 6 corn tortillas
- Splenda granular

**PRODUCE**

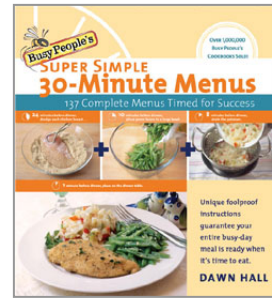
- 1 (16-ounce) bag romaine lettuce

**DAIRY**

- 1 (16-ounce) carton pasteurized egg substitute
- 1 1/3 cup shredded fat-free cheddar cheese
- 1/3 cup fat-free sour cream

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**Home on the Range Chicken Tenders** (Cookbook page 106)

**Grocery List**

**PACKAGED**

- 1 (15<sup>1</sup>/<sub>4</sub>-ounce) can whole kernel sweet corn
- 1 (15<sup>1</sup>/<sub>2</sub>-ounce) can dark red kidney beans
- Oat bran
- Honey barbeque sauce
- 1 (16-ounce) bag shredded coleslaw
- Tone's Southwest Chipotle Seasoning

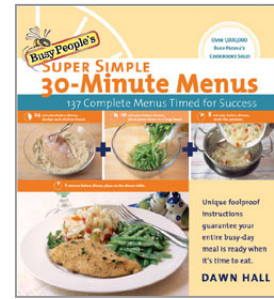
**POULTRY**

- 1<sup>1</sup>/<sub>2</sub> pounds chicken tenders



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**Quicker Than Granny's Home-Style Chicken** (Cookbook page 108)

**Grocery List**

**FROZEN**

4 cups frozen O'Brien Potatoes

1/2 cup frozen chopped onion

2 (16-ounce) bags frozen

French-style green beans

**POULTRY**

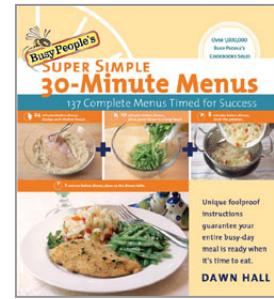
6 (4-ounce) boneless skinless chicken breasts

**DAIRY**

Reduced-fat Parmesan-style grated topping

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**Hot Ham & Swiss Chicken Sandwiches** (Cookbook page 110)

**Grocery List**

**PACKAGED**

6 rye hamburger buns or hamburger-size rye rolls

Dill pickle spears

**PRODUCE**

4 ounces fresh sliced mushrooms

1 large head iceberg lettuce

1 1/2 lbs baby carrots

**MEAT**

3 slices thin-sliced deli ham

3 (8-ounce) chicken breasts

**DAIRY**

Light butter

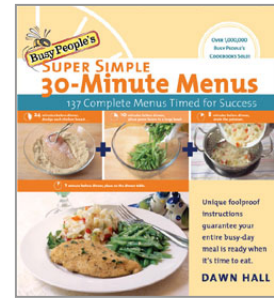
3 slices reduced-fat deli-thin Swiss cheese

1/4 cup fat-free sour cream

3/4 cup fat-free ricotta cheese

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**Home-Style Pork Chops with Apple Dressing** (Cookbook page 112)

**Grocery List**

**PACKAGED**

Light Rye bread with seeds

1 (12-ounce) jar pork gravy

1 (8 1/4-ounce) can light peaches

**PRODUCE**

1 Gala apple

1 head iceberg lettuce

**FROZEN**

1/3 cup frozen chopped onion

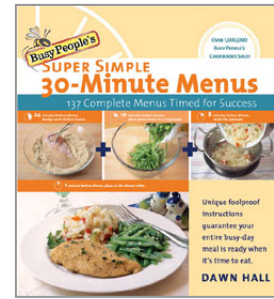
1 (12-ounce) package vegetarian sausage-style crumbles

**MEAT**

6 (4-ounce) boneless pork loin chops

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**Rotisserie Chicken Tenders** (Cookbook page 114)

**Grocery List**

**PACKAGED**

Oat bran

Corn flakes

**FROZEN**

2 (16-ounce) bags frozen California blend vegetables

**POULTRY**

1 1/2 pounds chicken tenders

**DAIRY**

1 cup low-fat buttermilk

Light butter

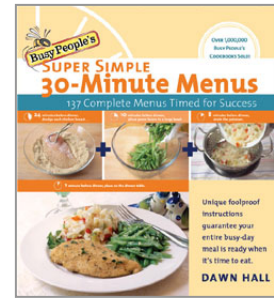
1/4 cup shredded fat-free cheddar cheese

1 cup fat-free half-and-half

1 (7 1/2-ounce) can refrigerated biscuits

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**Beefy Enchilada Nachos** (Cookbook page 116)

**Grocery List**

**PACKAGED**

- 1 (19-ounce) can mild enchilada sauce
- 2 (16-ounce) cans fat-free refried beans
- 1 bag restaurant-style fat-free tortilla chips
- 1 (8-ounce) bottle fat-free French salad dressing
- 1 small can black olives

**PRODUCE**

- 1 1/2 cup chopped onion
- 9 cups shredded iceberg lettuce
- 1 1/2 cups cherry tomatoes

**MEAT**

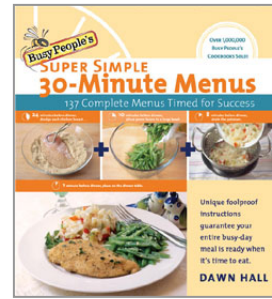
- 1 pound extra-lean ground beef

**DAIRY**

- 2 (8-ounce) bags shredded fat-free cheddar cheese
- 1 (8-ounce) container fat-free sour cream

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**Hot Roast Beef with Dumplings** (Cookbook page 118)

**Grocery List**

**PACKAGED**

- 2 (10 1/2-ounce) cans beef gravy
- Canned mixed greens (turnip and mustard)
- 30%-less-fat real bacon pieces

**FROZEN**

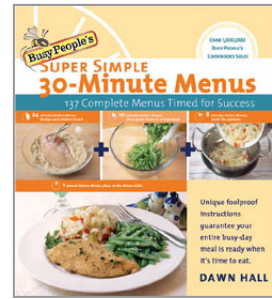
- 1/2 cup frozen chopped onion

**MEAT**

- 1 1/2 pounds deli-style lean roast beef, sliced thin

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**Turkey Roll-Ups with Cranberry Stuffing** (Cookbook page 120)

**Grocery List**

**PACKAGED**

- Light Rye bread
- 1 (10 1/2-ounce) jar turkey gravy
- Dried cranberries
- Raisins

**PRODUCE**

- Celery
- 1 medium Gala apple
- 1 (12-ounce) bag shredded coleslaw mix

**FROZEN**

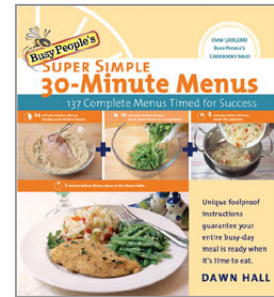
- 1/3 cup frozen chopped onions
- 1/2 cup vegetarian sausage-flavored crumbles

**POULTRY**

- 1 1/2 pounds mesquite turkey

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**Turkey Gravy with Chive Dumplings** (Cookbook page 122)

**Grocery List**

**PACKAGED**

- 4 (10 1/2-ounce) cans fat-free turkey gravy
- 2 (12 1/2-ounce) cans 98% fat-free turkey breast in water

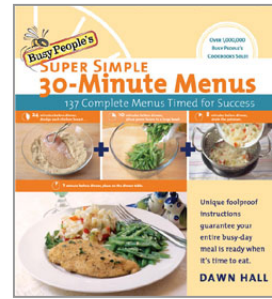
**PRODUCE**

- 2 medium pears
- 1 large head iceberg lettuce



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**Southwestern Frittata** (Cookbook page 124)

**Grocery List**

**PACKAGED**

- 6 corn tortillas
- 1 (14 1/2-ounce) can diced tomatoes with green chilies
- 6 tablespoons 30%-less-fat real bacon pieces

**PRODUCE**

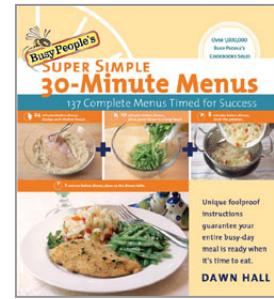
- 1 large head iceberg lettuce

**DAIRY**

- 1 (15-ounce) Southwestern liquid egg substitute
- 1 1/3 cup fat free shredded cheddar cheese
- 1/3 cup fat-free sour cream
- 1/4 cup fat-free half-and-half

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**Beans-R-Boss Chili with Corn Dog Dumplings** (Cookbook page 126)

**Grocery List**

**PACKAGED**

- 1 (30-ounce) can chili beans
- 2 (14 1/2-ounce) cans zesty chili style diced tomatoes
- 1 (8 1/2-ounce) box corn muffin mix
- 1 (8-ounce) bottle fat-free blue cheese salad dressing

**PRODUCE**

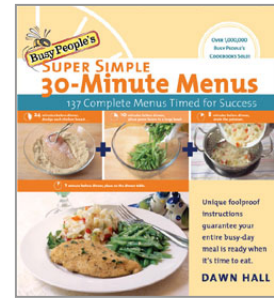
- 1 large green bell pepper
- 1 large red bell pepper
- 1 large yellow bell pepper

**MEAT**

- 4 fat-free hot dogs

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**Sloppy Joe's Pepper Medley** (Cookbook page 128)

**Grocery List**

**PACKAGED**

- 1 (14 1/2-ounce) jar fat-free Not-So-Sloppy Sloppy Joe Sauce
- 1 (15 1/4-ounce) can beets
- 1 (8 1/2-ounce) box corn muffin mix
- 1 (8-ounce) bottle fat-free red wine vinaigrette salad dressing
- Splenda granular

**PRODUCE**

- 2 (11-ounce) packages spring mix salad greens

**FROZEN**

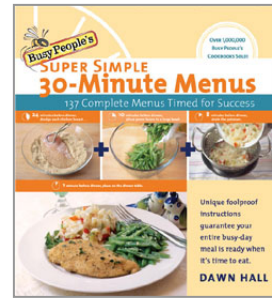
- 1/2 cup frozen pepper medley
- 1 (12-ounce) bag vegetarian meatless crumbles

**DAIRY**

- Low-fat blue cheese crumbles

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**Swiss-Stuffed Kielbasa & Rye Sandwiches** (Cookbook page 130)

**Grocery List**

**PACKAGED**

Jewish rye bread

Raisins

**PRODUCE**

4 Gala apples

1 (8-ounce) package sliced button mushrooms

**FROZEN**

2 (16-ounce) packages frozen broccoli florets

1 (12-ounce) container fat-free dessert whipped topping

**MEAT**

1 (14-ounce) package lean turkey kielbasa

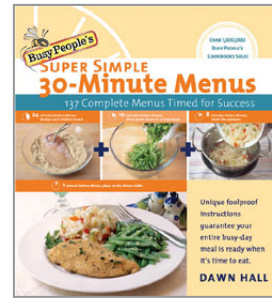
**DAIRY**

1/2 cup shredded fat-free mild cheddar cheese

Fat-free Swiss cheese singles

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## **Sweet Potato Soup with Whole Wheat Corn Bread Dumplings**

(Cookbook page 132)

### **Grocery List**

#### **PACKAGED**

- 2 (15-ounce) cans sweet potatoes in light syrup
- 1 (14-ounce) can fat-free chicken broth
- 1 (8 1/2-ounce) box corn muffin mix
- 3 (14 1/2-ounce) cans turnip greens with diced white turnips
- Liquid smoke

#### **FROZEN**

- 1/4 cup frozen chopped onions

#### **MEATS**

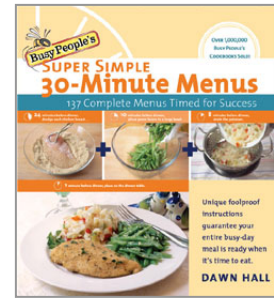
- 12 ounces packaged lean cooked ham

#### **DAIRY**

- 2 eggs

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**Cream of Greens Soup** (Cookbook page 134)

**Grocery List**

**PACKAGED**

6 large Rye Kaiser rolls  
3 (14 1/2-ounce) cans turnip greens with diced white turnips  
1 (10 3/4-ounce) can 98% fat-free Broccoli Cheese soup  
Fat-free French salad dressing

**PRODUCE**

1 Gala apple  
1 yellow bell pepper  
1 orange bell pepper  
1 red bell pepper

**FROZEN**

1/2 cup frozen chopped onion

**MEAT**

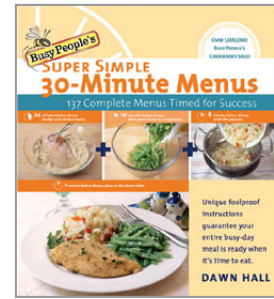
12 ounces 98% fat-free diced ham

**DAIRY**

1 1/2 cups fat-free half-and-half

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## **Chili Dog Chili with Whole Wheat Corn Bread Dumplings**

(Cookbook page 136)

### **Grocery List**

#### **PACKAGED**

- 2 (14 1/2-ounce) cans diced chili-style tomatoes
- 1 (15-ounce) can spicy chili beans with seasoning
- Chili sauce
- 1 (8 1/2-ounce) box corn muffin mix

#### **PRODUCE**

- 1 large bunch celery

#### **MEAT**

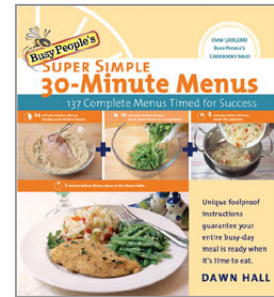
- 1 (14-ounce) package fat-free hotdogs

#### **DAIRY**

- Fat-free sour cream
- 2 eggs

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## **Not-Too-Sour Sauerkraut with Corn Dog Dumplings**

(Cookbook page 138)

### **Grocery List**

#### **PACKAGED**

- 1 (32-ounce) jar sauerkraut
- 1 (8 1/2-ounce) box corn muffin mix

#### **PRODUCE**

- 1 medium Gala apple
- 1 large cucumber
- 1 cup grape tomatoes
- 1 medium onion

#### **FROZEN**

- 1/2 cup frozen chopped onion

#### **MEAT**

- 1 (14-ounce) package fat-free hot dogs

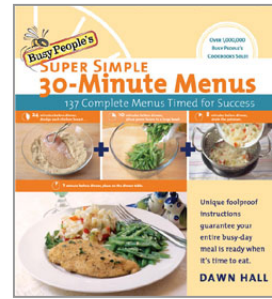
#### **DAIRY**

- Light butter
- 1/4 cup fat-free sour cream
- 2 eggs



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## **Rotini with Home-Style Chicken Breasts & Mushroom Gravy**

(Cookbook page 140)

### **Grocery List**

#### **PACKAGED**

- Italian-style bread crumbs
- 1 (14-ounce) can fat-free chicken broth
- 3 (12-ounce) cans fat-free chicken gravy
- 2 cups rotini pasta
- 2 (4-ounce) cans mushroom slices
- 3 (14 1/2-ounce) cans turnip greens with diced white turnips

#### **PRODUCE**

- 1 Gala apple

#### **FROZEN**

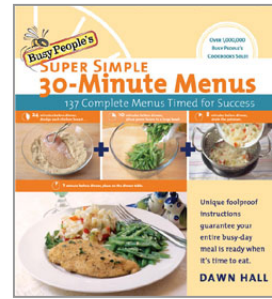
- 1/2 cup frozen chopped onion

#### **POULTRY**

- 6 (4-ounce) boneless skinless chicken breasts

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**Creamy Northern Bean Soup with Dumplings** (Cookbook page 142)

**Grocery List**

**PACKAGED**

- 1 (15 1/2-ounce) can great Northern beans
- 1 (8-ounce) bottle chili sauce
- 2 (10 3/4-ounce) cans 98% fat-free cream of celery soup
- 1 (8 1/2-ounce) box corn muffin mix

**PRODUCE**

- 3 cups grape tomatoes

**FROZEN**

- 1/2 cup frozen chopped onion

**MEAT**

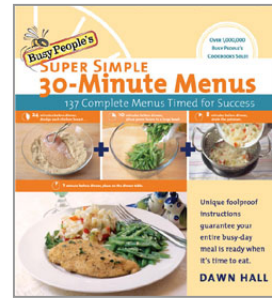
- 8 ounces lean cooked ham

**DAIRY**

- 1/2 cup shredded fat-free cheddar cheese
- 1/4 cup shredded fat-free mozzarella cheese
- 2 eggs
- 1/4 cup fat-free sour cream

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**Mandarin & Oriental Vegetable Chicken Dinner** (Cookbook page 144)

**Grocery List**

**PACKAGED**

1 (15-ounce) can mandarin oranges  
30%-less-fat real bacon pieces  
Fat-free zesty Italian salad dressing  
Fortune cookies  
Whole grain instant brown rice

**FROZEN**

2 (14-ounce) packages frozen oriental stir-fry vegetables\*  
1/2 cup frozen chopped onion

**POULTRY**

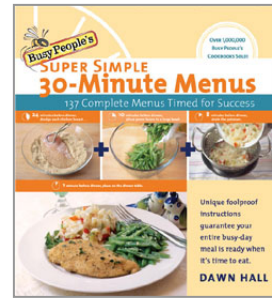
2 (13-ounce) cans 98% fat-free white chicken in water

**DAIRY**

Blue cheese crumbles

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**Beef & Oriental Vegetables Dinner** (Cookbook page 146)

**Grocery List**

**PACKAGED**

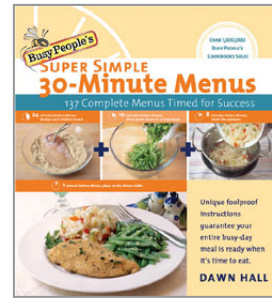
- 1 (15-ounce) can mandarin oranges
- Whole grain instant brown rice
- 2 (13-ounce) cans roast beef with gravy
- Light red wine vinaigrette
- Fortune cookies

**FROZEN**

- 2 (14-ounce) packages frozen oriental stir-fry vegetables

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**Buffalo Chicken Chili** (Cookbook page 148)

**Grocery List**

**PACKAGED**

- 1 (48-ounce) jar deluxe great Northern beans
- Buffalo chicken wing sauce
- 8 ounces vegetable juice
- 30%-less-fat real crumbled bacon pieces
- Whole wheat saltines

**PRODUCE**

- 1 Vidalia onion
- 1 (10-ounce) package fresh spinach

**FROZEN**

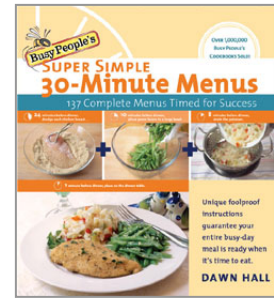
- 1/2 cup frozen chopped onion

**POULTRY**

- 2 (13-ounce) cans chicken breast in water

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**Chicken in the Clouds Chowder** (Cookbook page 150)

**Grocery List**

**PACKAGED**

2 (12 1/2-ounce) cans 98% fat-free chicken breast in water

1 (8 1/2-ounce) can sweet peas and carrots

1 (15-ounce) can mandarin oranges in light juice

1 (15-ounce) can ruby red grapefruit in light juice

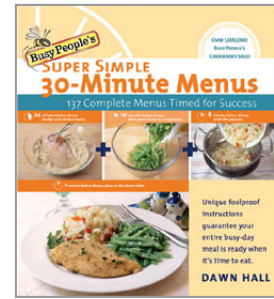
Light red wine vinaigrette

**PRODUCE**

1 large head romaine lettuce

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**Hickory Smoked Chicken & Bean Chowder** (Cookbook page 152)

**Grocery List**

**PACKAGED**

- 1 (48-ounce) jar deluxe great Northern beans
- 1 (14 1/2-ounce) can diced tomatoes
- French bread
- 1 (18-ounce) bottle hickory smoke barbeque sauce
- 1 (8-ounce) bottle fat-free Italian salad dressing
- 2 tablespoons 30%-less-fat real bacon crumbles

**PRODUCE**

- 2 large cucumbers
- 1 large red bell pepper
- 1 medium onion
- 1/4 cup chopped green bell pepper
- 12 grape tomatoes

**FROZEN**

- 1/2 cup frozen chopped onion

**POULTRY**

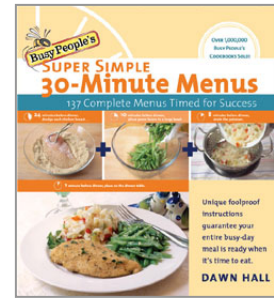
- 2 (13-ounce) cans 98%-fat-free chicken breast in water

**DAIRY**

- 3/4 cup shredded fat-free Cheddar cheese

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**Spinach, Barley & Italian Sausage Soup** (Cookbook page 154)

**Grocery List**

**PACKAGED**

1 (10-ounce) can diced tomatoes with green chilies

Quick barley

French bread

30%-less-fat real bacon pieces

**PRODUCE**

12 grape tomatoes

**FROZEN**

2 (10-ounce) packages frozen chopped spinach

**MEAT**

1 (19 1/2-ounce) package sweet Italian Turkey Sausage

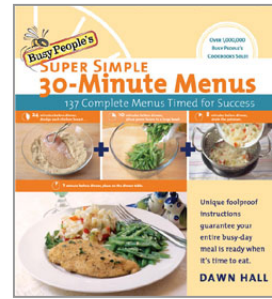
**DAIRY**

6 slices fat-free Swiss cheese slices



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**Garlic Fettuccini with Kielbasa Alfredo Sauce** (Cookbook page 156)

**Grocery List**

**PACKAGED**

12 ounces fettuccini pasta  
Tabbouleh

**PRODUCE**

1 large head iceberg lettuce

1 large tomato

1 cup fresh spinach

**MEAT**

1 (14-ounce) package 80% less fat lean turkey kielbasa

**DAIRY**

Fat-free feta cheese

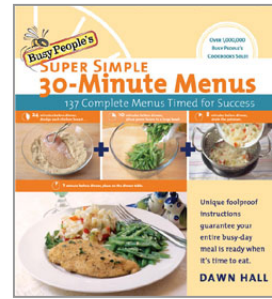
Fat-free sour cream

1 pint fat-free half-and-half

1/3 cup reduced-fat Parmesan-style grated topping

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**Grilled Teriyaki Chicken Sandwiches** (Cookbook page 160)

**Grocery List**

**PACKAGED**

- 6 home-style honey wheat hamburger buns
- 1 (20-ounce) can pineapple slices
- Teriyaki Baste & Glaze
- 1/4 cup 30%-less-fat real bacon pieces

**PRODUCE**

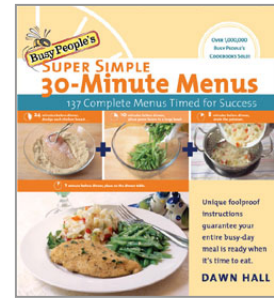
- Watermelon
- 1 (16-ounce) package pre-shredded coleslaw
- 1 bunch green onions

**POULTRY**

- 3 (8-ounce) chicken breasts

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**Grilled Hawaiian Pork Steaks** (Cookbook page 162)

**Grocery List**

**PACKAGED**

- 1 (20-ounce) can pineapple slices
- Teriyaki Baste & Glaze
- 1 (20-ounce) can crushed pineapple in juice
- 1 (15-ounce) can mandarin oranges in juice
- Instant whole-grain brown rice

**PRODUCE**

- 1 large head iceberg lettuce

**FROZEN**

- 1/4 cup frozen chopped onion

**MEAT**

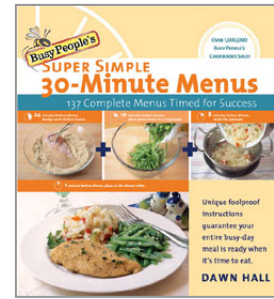
- 6 (4-ounce) boneless pork loin steaks

**DAIRY**

- 1/2 cup fat-free sour cream

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**Southwest Chipotle Steak Dinner** (Cookbook page 164)

**Grocery List**

**PACKAGED**

1/2 cup mild salsa

1 (8-ounce) bottle fat-free French salad dressing

**PRODUCE**

2 small heads green leaf lettuce

1 large red bell pepper

**MEAT**

2 pounds boneless top sirloin steak

**DAIRY**

1/2 cup fat-free sour cream

1/2 cup shredded fat-free mild cheddar cheese

1/4 cup shredded fat-free mozzarella cheese

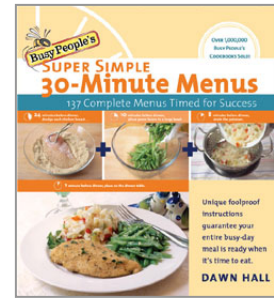
1 (11-ounce) can refrigerated low-fat breadsticks

**SEASONINGS**

Tone's Southwest Chipotle Seasoning

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**Pork Steaks with Sweet & Sassy Chilled Pear Salsa** (Cookbook page 167)

**Grocery List**

**PACKAGED**

Instant whole-grain brown rice  
1 (8-ounce) can tomato sauce  
1 (11-ounce) can Mexicorn  
Fat-free Italian salad dressing  
2/3 cup mild salsa

**FROZEN**

1/2 cup frozen 3-Pepper Onion Blend

**PRODUCE**

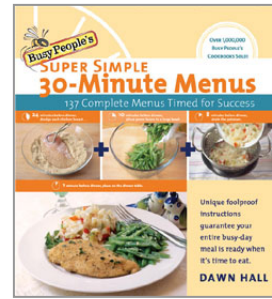
1/2 cup chopped celery  
1 large had iceberg lettuce  
2 large pears

**MEAT**

6 (4-ounce) boneless pork loin steaks

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**Grilled Pepperoni & Cheesy Chicken** (Cookbook page 170)

**Grocery List**

**PRODUCE**

- 8 ounces sliced fresh mushrooms
- 2 (6-ounce) packages baby spinach

**PACKAGED**

- 9 tablespoons pizza sauce Zesty Italian croutons
- 1 (8-ounce) bottle fat-free Italian salad dressing

**POULTRY/MEAT**

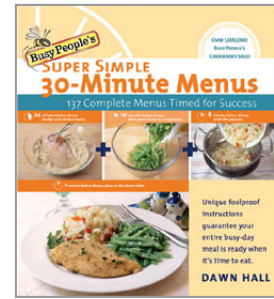
- 6 (4-ounce) boneless skinless chicken breasts
- 18 slices 70% less-fat turkey pepperoni

**DAIRY**

- 1 cup shredded fat-free mozzarella cheese
- 1 (11-ounce) can refrigerated low-fat breadsticks

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**Tex-Mex Dinner** (Cookbook page 172)

**Grocery List**

**PACKAGED**

- 1/2 cup chunky salsa
- 2 (11-ounce) cans Mexicorn\*
- 1 (15-ounce) can sliced white potatoes
- 1/2 cup black beans
- Fat-free French salad dressing
- Tone's Southwest Chipotle Seasoning

**PRODUCE**

- 1 pint grape tomatoes
- 9 cups precut and washed iceberg lettuce

**MEAT**

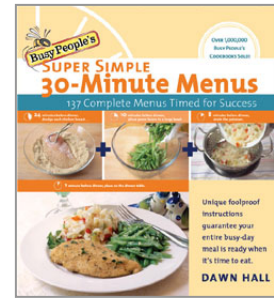
- 2 1/2 pounds flank steak

**DAIRY**

- 1/3 cup fat-free sour cream
- 1/2 cup shredded fat-free cheddar cheese

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**Loose Tex-Mex Pork Kebabs** (Cookbook page 174)

**Grocery List**

**PACKAGED**

- 1 (8 1/2-ounce) can no-salt added whole kernel sweet corn
- 1 (11 1/2-ounce) vegetable juice
- 2 1/2 cups mild salsa
- Instant whole-grain brown rice
- Tone's Southwest Chipotle Seasoning

**PRODUCE**

- 2 large red bell peppers
- 2 large green bell peppers
- 1 large onion

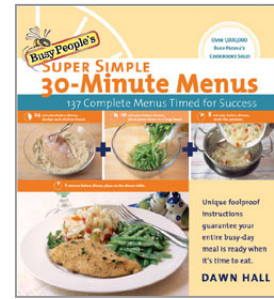
**MEAT**

- 2 pounds boneless pork medallions



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**Barbequed Mini Meatloaves** (Cookbook page 176)

**Grocery List**

**PACKAGED**

3 (15-ounce) cans apricots in juice  
Fat-free zesty Italian salad dressing  
Honey barbeque sauce

**PRODUCE**

1 medium Gala apple

**FROZEN**

1/2 cup frozen chopped onions  
1 (16-ounce) bag frozen  
French-style green beans  
1/2 cup fat-free dessert whipped topping

**MEAT**

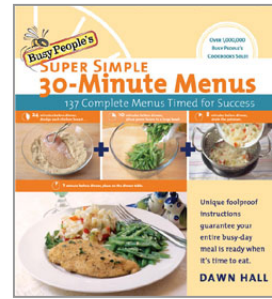
1 1/4 pounds lean ground beef  
1/4 cup diced cooked ham

**DAIRY**

1 cup shredded fat-free cheddar cheese  
2 ounces fat-free cream cheese

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**Savory Pork Tenderloin with Grilled Red Onion** (Cookbook page 178)

**Grocery List**

**PACKAGED**

Fat-free croutons

1 (8-ounce) bottle fat-free Italian salad dressing

1/4 cup plus 2 teaspoons 30%-less-fat real bacon pieces

**PRODUCE**

1 (16-ounce) bag iceberg garden salad mix

1 cup grape tomatoes

3 medium russet potatoes

1 red onion

**MEAT**

6 (3-ounce) top loin boneless pork chops

**DAIRY**

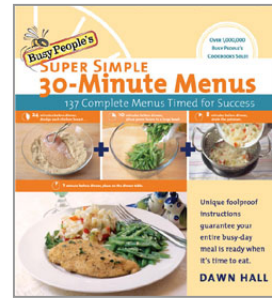
1/2 cup shredded fat-free cheddar cheese

Light butter

1/2 cup fat-free half and half

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**Sweet & Savory Boneless Smoked Pork Chops** (Cookbook page 180)

**Grocery List**

**PACKAGED**

- 2 (14 1/2-ounce) can cut green beans
- 1 (4-ounce) can diced jalapeño chiles
- 1 (10 1/2-ounce) can light mandarin oranges
- 30%-less-fat real bacon pieces
- Liquid smoke

**MEAT**

- 6 (4-ounce) boneless smoked pork chops

**FROZEN**

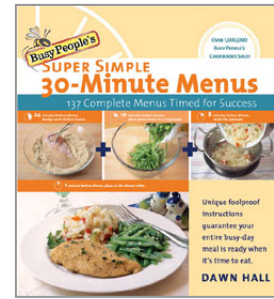
- 4 cups Potatoes O'Brien

**DAIRY**

- 1/2 cup shredded fat-free cheddar cheese

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**Mild & Light Mahi-Mahi** (Cookbook page 182)

**Grocery List**

**PACKAGED**

1 (20-ounce) can pineapple tidbits

Fat-free croutons

Tabbouleh

1/2 loaf French bread

**PRODUCE**

1 cup fresh blueberries

9 cups pre-cut romaine lettuce

3/4 cup grape tomatoes

1 bunch green onions

1 large lemon

**FISH**

3 (1/2 pound) mahi-mahi fillets

**DAIRY**

1 cup fat-free dessert whipped topping

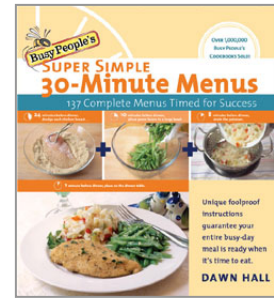
Fat-free sour cream

4 ounces fat-free cream cheese

Fat-free feta cheese crumbles

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**Ham with Fried Cabbage** (Cookbook page 185)

**Grocery List**

**PACKAGED**

3 maraschino cherries  
Apple cider  
Light ranch salad dressing  
Splenda Brown Sugar Blend  
3 cups unsweetened applesauce

**PRODUCE**

1 large Gala apple  
1 (16-ounce) bag coleslaw mix

**MEAT**

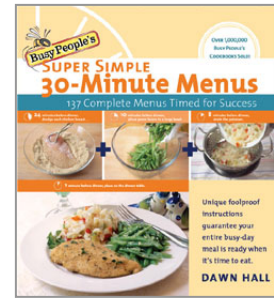
6 (4-ounce) 96% fat-free ham steaks

**DAIRY**

Shredded fat-free cheddar cheese  
1 (7 1/2-ounce) can refrigerated buttermilk biscuits

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**Sweet & Succulent Shrimp Kebabs** (Cookbook page 188)

**Grocery List**

**PACKAGED**

Whole-grain instant brown rice

1 (8-ounce) jar cocktail sauce

Apple cider or juice

**FROZEN**

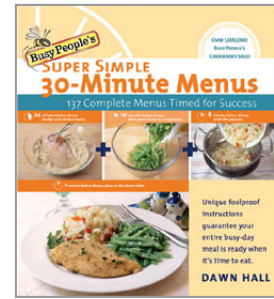
1 (1-pound, 8-ounce) package frozen California blend vegetables

1 (16-ounce) package plus 1 cup frozen 3-Pepper & Onion Blend

1 (2-pound) bag frozen tail-on shrimp (31-40count)

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**Honey Dijon Salmon** (Cookbook page 190)

**Grocery List**

**PACKAGED**

Instant whole-grain brown rice  
3 (14 1/2-ounce) can turnip greens with diced white turnips  
1 (10 3/4-ounce) can 98% fat-free broccoli cheese soup  
1 (14-ounce) can 99%-fat-free chicken broth  
Reduced-fat Parmesan-style grated topping  
1 (8-ounce) bottle fat-free zesty Italian salad dressing

**PRODUCE**

1 Gala apple

**FROZEN**

3/4 cup frozen chopped onion

**MEAT**

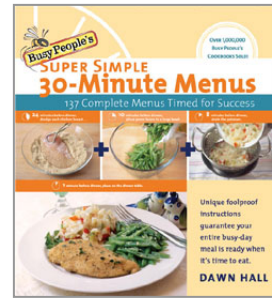
8 ounces diced lean ham

**FISH**

1 1/2 pounds frozen salmon fillet

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**Maple Glazed Salmon** (Cookbook page 192)

**Grocery List**

**PACKAGED**

1 (8-ounce) can crushed pineapple in juice  
Instant whole-grain brown rice  
Teriyaki Baste & Glaze (check the barbeque aisle)  
Splenda Brown Sugar Blend  
Liquid smoke

**FROZEN**

2 (14-ounce) bags frozen stir-fry vegetables

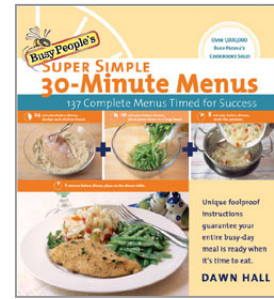
**FISH**

1 1/2 pounds salmon fillet



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**Grilled Chicken Cordon Bleu** (Cookbook page 194)

**Grocery List**

**PACKAGED**

1 (8-ounce) bottle fat-free zesty Italian salad dressing

**FROZEN**

1 (24-ounce) package California blend vegetables

1 (16-ounce) package 3-Pepper & Onion Blend

1 (2-lb) bag Potatoes O'Brien

**POULTRY**

6 (4-ounce) boneless, skinless chicken breasts

**MEAT**

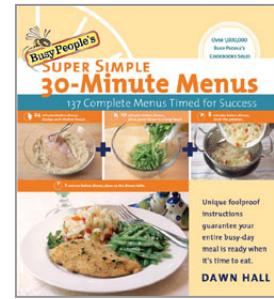
12 slices (1 lb) extra-lean smoked ham

**DAIRY**

3 slices reduced-fat Swiss cheese

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**Buffalo Chicken Pieces** (Cookbook page 196)

**Grocery List**

**PACKAGED**

4 tablespoons 30%-less-fat real bacon pieces

French bread

**PRODUCE**

1 large bunch celery

1 pint grape tomatoes

**POULTRY**

2 pounds chicken breasts

**DAIRY**

Fat-free feta cheese crumbles

Skim milk

12 slices fat-free American cheese slices

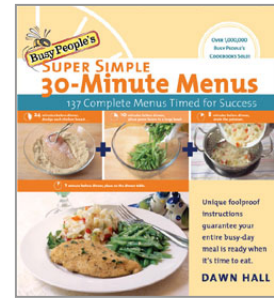
**SEASONINGS**

Buffalo chicken wing sauce

Ranch salad dressing mix

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**Hickory Smoked Sausage with Cheddar Cheese** (Cookbook page 198)

**Grocery List**

**PACKAGED**

Imitation butter-flavored sprinkles  
Splenda Brown Sugar Blend  
3/4 cup honey hickory smoked barbeque sauce

**PRODUCE**

6 medium red skin potatoes  
4 Gala apples

**FROZEN**

1 1/2 cup dessert fat-free whipped topping

**MEAT**

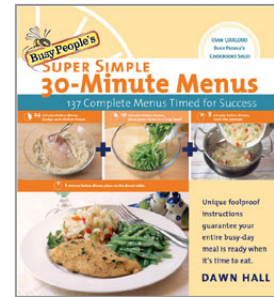
2 (14-ounce) packages lean smoked turkey sausage

**DAIRY**

1 cup shredded fat-free cheddar cheese

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**Coconut Chicken** (Cookbook page 200)

**Grocery List**

**PACKAGED**

Piña colada mix (nonalcoholic)

Shredded coconut

Whole-grain instant brown rice

1 (8-ounce) can crushed pineapple in juice

Sweet and sour sauce

**FROZEN**

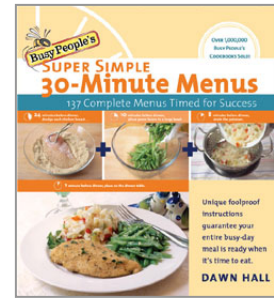
2 (14-ounce) packages frozen stir-fry vegetables

**POULTRY**

1 3/4 pounds boneless, skinless chicken breast

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**Honey Dijon Pork Medallions** (Cookbook page 202)

**Grocery List**

**PACKAGED**

1/2 cup fat-free honey Dijon salad dressing  
Concentrated lemon juice

**PRODUCE**

2 large sweet potatoes  
2 1/2 pounds fresh asparagus spears  
4 ounces fresh sliced mushrooms

**MEAT**

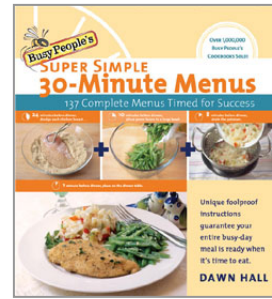
1 3/4 pounds pork tenderloin

**DAIRY**

3 tablespoons light salted butter

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**Loose Hawaiian-Style Pork Kebabs** (Cookbook page 204)

**Grocery List**

**PACKAGED**

- 1 (8-ounce) can crushed pineapple in juice
- Whole-grain instant brown rice
- 1/2 cup teriyaki Baste & Glaze
- Light soy sauce
- 1/2 cup fat-free zesty Italian dressing

**PRODUCE**

- 1 fresh pineapple
- 2 large mild white onions
- 1 small white onion
- 1 medium cucumber
- 1 cup grape tomatoes

**MEAT**

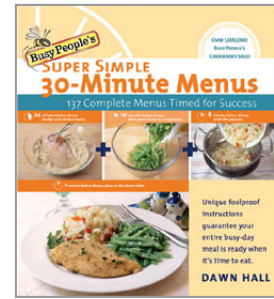
- 1 1/2 pounds boneless pork tenderloin

**SEAFOOD**

- 1 (8-ounce) package imitation crabmeat salad style chunks

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**Steak Tips with Onions & Gravy** (Cookbook page 207)

**Grocery List**

**PACKAGED**

- 1 (14-ounce) can 99% fat-free beef broth
- 1 (12-ounce) jar fat-free beef gravy
- 30%-less-fat real bacon pieces

**PRODUCE**

- 1 (8-ounce) package sliced fresh mushrooms
- 6 medium red potatoes
- 2 medium to large sweet white onions

**FROZEN**

- 2 (16-ounce) packages frozen broccoli cuts

**MEAT**

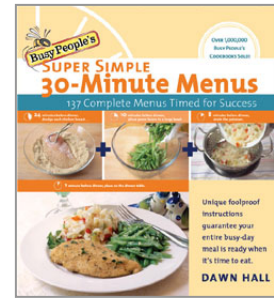
- 1 1/2 pounds sirloin steak

**DAIRY**

- Fat-free cream cheese
- 3/4 cup fat-free half-and-half
- 1/2 cup shredded fat-free cheddar cheese

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**London Broil with Mushroom Gravy** (Cookbook page 210)

**Grocery List**

**PACKAGED**

2 (12-ounce) jars fat-free savory beef gravy  
30%-less-fat real crumbled bacon pieces

**PRODUCE**

5 medium russet potatoes  
1 medium sweet onion  
1 (8-ounce) package sliced mushrooms

**FROZEN**

2 (16-ounce) bags frozen broccoli cuts

**MEAT**

13/4 pounds beef top round

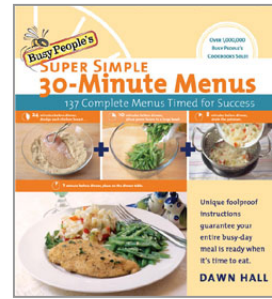
**DAIRY**

6 slices fat-free sharp cheddar cheese



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**Sirloin Steak Topped with Garlic-Butter Crab** (Cookbook page 213)

**Grocery List**

**PACKAGED**

1/2 cup steak sauce  
Reduced-fat Parmesan-style grated topping

**PRODUCE**

2 large sweet potatoes

**FROZEN**

2 (16-ounce) bags frozen broccoli cuts

**MEAT/SEAFOOD**

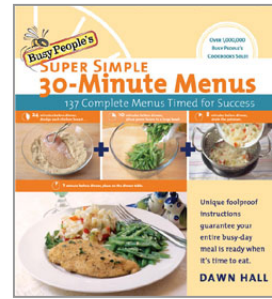
1/3 cup cooked lean diced ham  
1 1/2 pounds beef sirloin steak  
3/4 pounds imitation crabmeat

**DAIRY**

Light butter  
9 slices fat-free Swiss cheese

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**Loose Steak Kebabs** (Cookbook page 216)

**Grocery List**

**PACKAGED**

Whole-grain brown rice

1 (8-ounce) bottle fat-free zesty Italian salad dressing

**PRODUCE**

1 green bell pepper

1 red bell pepper

1 yellow bell pepper

1 medium white onion

1 (8-ounce) package fresh sliced mushrooms

**FROZEN**

2 (16-ounce) packages frozen California Blend vegetables

**MEAT**

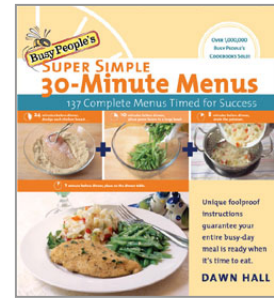
1 3/4 pounds beef sirloin

**DAIRY**

1/2 cup shredded fat-free mild cheddar cheese

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**Parmesan-Crusted London Broil** (Cookbook page 219)

**Grocery List**

**PACKAGED**

Light ranch salad dressing

Ranch salad dressing mix

**PRODUCE**

2 medium russet potatoes

2 large red skin potatoes

1 1/2 pounds fresh broccoli florets

**DAIRY**

Light butter

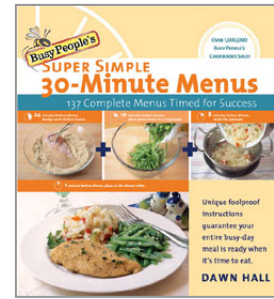
Reduced-fat Parmesan-style grated topping

**MEAT**

1 3/4 pounds beef top round steak

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**Cranberry Spiced Pork Medallions** (Cookbook page 222)

**Grocery List**

**PACKAGED**

- 1/2 cup sugar-free maple syrup
- 1/2 cup fat-free French salad dressing
- 1 (8-ounce) can cranberry sauce
- 30%-less-fat real crumbled bacon pieces

**PRODUCE**

- 2 large sweet potatoes

**FROZEN**

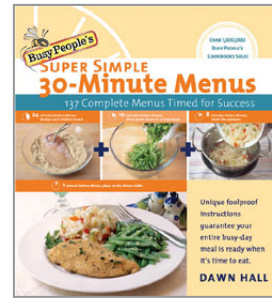
- 2 (16-ounce) packages frozen broccoli

**MEAT**

- 13/4 pounds pork tenderloin

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## **Polynesian Chicken with Caramelized Sweet Potatoes**

(Cookbook page 224)

### **Grocery List**

#### **PACKAGED**

- 1 (15-ounce) can mandarin orange slices in light juice
- 1 (8-ounce) bottle fat-free poppy seed salad dressing
- 1 (20-ounce) can crushed pineapple in juice

#### **PRODUCE**

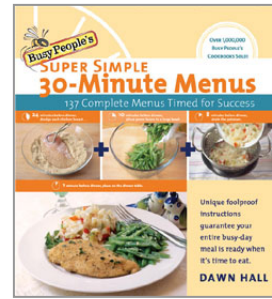
- 1 large head romaine or iceberg lettuce
- 1 3/4 pounds sweet potatoes

#### **FROZEN**

- 6 (4-ounce) frozen boneless, skinless chicken breasts

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## **Chicken Bites over Sweet & Spicy Brown Rice with Vegetables**

(Cookbook page 226)

### **Grocery List**

#### **PACKAGED**

1 (20-ounce) can crushed pineapple in pineapple juice  
Whole-grain instant brown rice  
Pineapple sundae topping  
Splenda Brown Sugar Blend  
Teriyaki Baste & Glaze

#### **FROZEN**

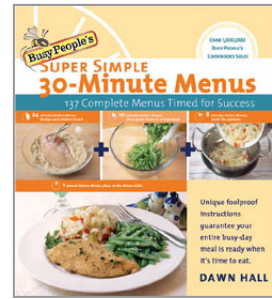
1 (16-ounce) package  
3-Pepper & Onion Blend  
1 (14-ounce) package frozen Oriental vegetable blend

#### **POULTRY**

1 1/2 pounds chicken breasts

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**Canadian Top Sirloin** (Cookbook page 228)

**Grocery List**

**PACKAGED**

1 hot dog bun (or a slice of bread)

Fat-free Italian salad dressing

Liquid smoke

**PRODUCE**

6 ears fresh bi-colored sweet corn

2 (8-ounce) packages fresh button mushrooms

**MEAT**

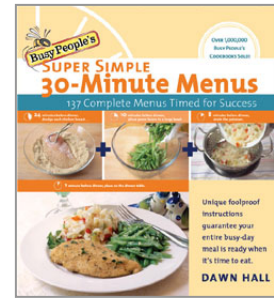
2 pounds boneless top sirloin steak

**DAIRY**

Light butter

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**Italian Steak Bites** (Cookbook page 230)

**Grocery List**

**PACKAGED**

1/2 cup marinara sauce  
2 tablespoons 30%-less-fat real bacon crumbles  
French bread  
1 (8-ounce) bottle Zesty Italian salad dressing

**PRODUCE**

2 medium russet potatoes  
2 large red skin potatoes  
12 grape tomatoes  
1 large head iceberg lettuce

**MEAT**

1 3/4 pound beef sirloin

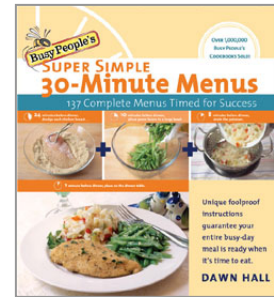
**DAIRY**

Shredded fat-free Cheddar cheese  
1/2 cup shredded fat-free mozzarella cheese  
Light butter  
3/4 cup fat-free sour cream



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**Crab Fettuccini Alfredo** (Cookbook page 234)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) box fettuccini
- 4 green olives
- French bread
- Toasted sesame seeds
- 1/2 cup reduced-fat Parmesan-style grated topping

**FROZEN**

- 2 (16-ounce) packages frozen broccoli

**SEAFOOD**

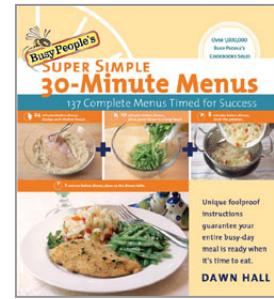
- 1 pound imitation crabmeat salad style chunks

**DAIRY**

- 1 pint fat-free half-and-half
- Fat-free feta cheese crumbles

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**Honey Mustard & Dill Fish** (Cookbook page 237)

**Grocery List**

**PACKAGED**

Light ranch salad dressing  
Favorite salad dressing  
Lemon juice  
1 (8-ounce) bottle fat-free honey Dijon salad dressing  
Reduced-fat butter-flavored crackers  
French bread  
Pretcut and washed green salad mixture

**PRODUCE**

4 medium Yukon Gold potatoes

**FISH**

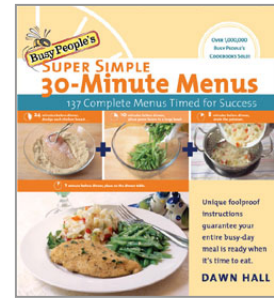
1 1/2 pounds tilapia

**DAIRY**

1 (8-ounce) container fat-free sour cream  
Shredded fat-free cheddar cheese  
Shredded fat-free mozzarella cheese  
Light butter  
Reduced-fat Parmesan-style grated topping

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**Southwestern Bay Scallop Stew** (Cookbook page 240)

**Grocery List**

**PACKAGED**

1 (14 1/2-ounce) can diced tomatoes with onion and green pepper

Multi-grain French bread

Apple cider

Chili sauce

**FROZEN**

2 (16-ounce) packages frozen 3-Pepper & Onion Blend

1 1/2 pounds frozen bay scallops

**DAIRY**

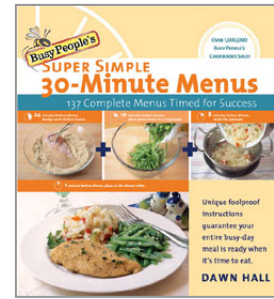
1/2 cup shredded fat-free mild cheddar cheese

**SEASONINGS**

Tone's Southwest Chipotle Seasoning

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**Salmon Florentine** (Cookbook page 242)

**Grocery List**

**PACKAGED**

Honey mustard

Corn flakes

**PRODUCE**

2 large sweet potatoes

1 3/4 pound fresh asparagus

**FROZEN**

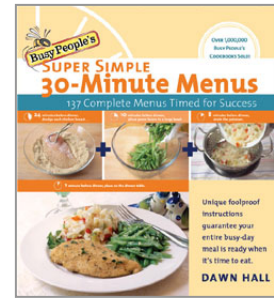
1 (10-ounce) package frozen creamed spinach

**FISH**

6 (4-ounce) salmon fillets

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**Dill-icious Tilapia with Shrimp** (Cookbook page 244)

**Grocery List**

**PACKAGED**

1 (8-ounce) bottle fat-free  
raspberry pecan salad  
dressing  
Fat-free Italian-flavored  
croutons  
30%-less-fat bacon pieces  
Dried cranberries

**PRODUCE**

1 (6-ounce) Portobello mushroom  
2 pounds fresh asparagus  
1 large red onion  
2 (11-ounce) packages spring mix salad greens

**FISH/SEAFOOD**

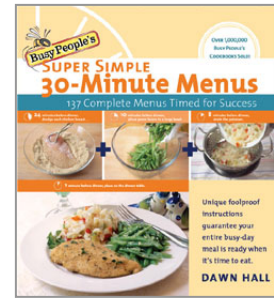
2 pounds fresh or frozen tilapia  
1 package peeled & deveined shrimp (30-40 count)

**DAIRY**

Fat-free feta cheese crumbles

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**Really Dilly Tuna Casserole** (Cookbook page 246)

**Grocery List**

**PACKAGED**

- 1 (10<sup>3</sup>/<sub>4</sub>-ounce) can 98% fat-free condensed cream of mushroom soup
- 1 (12-ounce) bag No-Yolk extra broad noodles
- 2 (6-ounce) cans chunk light tuna in water
- 1 (8-ounce) bottle fat-free Italian salad dressing
- Zesty Italian croutons
- Apricot preserves
- 1 (8<sup>1</sup>/<sub>2</sub>-ounce) can peas and carrots

**PRODUCE**

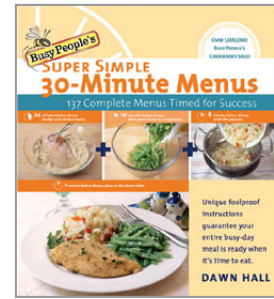
- Cantaloupe
- 1 large head iceberg lettuce

**DAIRY**

- 2 slices reduced-fat deli-thin sliced Swiss cheese slices

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**Crabby Rice Stove-Top Casserole** (Cookbook page 248)

**Grocery List**

**PACKAGED**

Whole-grain instant brown rice  
1 (8 1/2-ounce) can peas and carrots  
1 (8-ounce) bottle fat-free French salad dressing  
French bread  
Light ranch salad dressing  
Fat-free croutons  
Prepared horseradish

**PRODUCE**

8 cups bagged, washed, and precut iceberg lettuce  
1 medium cucumber  
1 cup grape tomatoes

**SEAFOOD**

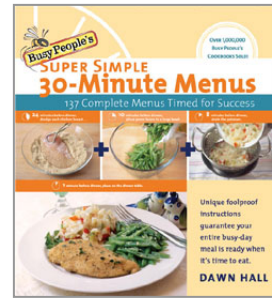
1 (16-ounce) package imitation crab  
6 ounces salad shrimp

**DAIRY**

1 cup shredded fat-free cheddar cheese  
3/4 cup shredded fat-free mozzarella cheese

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**Seafood & Shells by the Seaside** (Cookbook page 250)

**Grocery List**

**PACKAGED**

1 (8-ounce) bottle fat-free French salad dressing

Cocktail sauce

1 (12-ounce) box medium-size pasta shells

**PRODUCE**

1 large head iceberg lettuce

18 grape tomatoes

**SEAFOOD**

1 pound imitation lobster

1 pound small cocktail shrimp

1 (8-ounce) package imitation crab

**DAIRY**

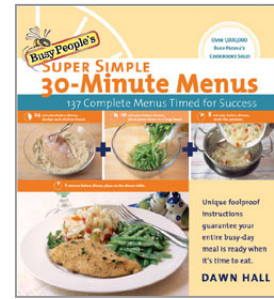
Light butter

Reduced-fat Parmesan-style grated topping (optional)



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**Shrimp & Rice Stove-Top Casserole** (Cookbook page 252)

**Grocery List**

**PACKAGED**

Whole-grain instant brown rice  
Fat-free croutons  
1 (8-ounce) jar shrimp cocktail sauce  
French bread

**PRODUCE**

1 large head iceberg lettuce  
1 medium cucumber  
1 red bell pepper  
1/2 cup grape tomatoes

**FROZEN**

1 (16-ounce) bag frozen 3-Pepper and Onion Blend  
1 (16-ounce) package shrimp

**SEAFOOD**

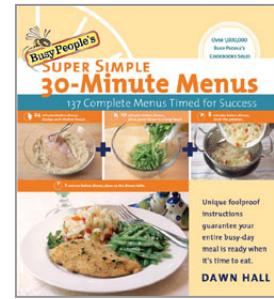
1 (6-ounce) can lobster  
8 ounces imitation crab

**DAIRY**

1 cup shredded fat-free mozzarella cheese

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**Florentine-Stuffed Fish** (Cookbook page 254)

**Grocery List**

**PACKAGED**

- 1 (6-ounce) package cornbread stuffing mix
- Fat-free honey Dijon salad dressing
- 2 (14 1/2-ounce) cans Italian-cut green beans
- 1 (15-ounce) can sliced white potatoes

**FROZEN**

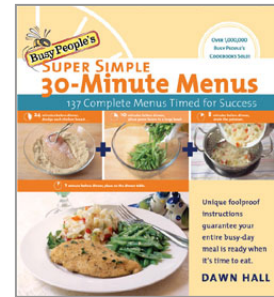
- 1 (10-ounce) package frozen spinach
- 2 (16-ounce) packages frozen cauliflower

**FISH**

- 2 1/4 pounds tilapia or any mild fish

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**Salmon Chowder** (Cookbook page 256)

**Grocery List**

**PACKAGED**

1 (8 1/2-ounce) can sweet peas and carrots

Whole dill pickles

1 (11-ounce) can mandarin oranges

**PRODUCE**

2 small heads romaine lettuce

**FROZEN**

4 cups frozen shredded hash brown potatoes

**FISH**

2 (7.1-ounce) packages pink salmon

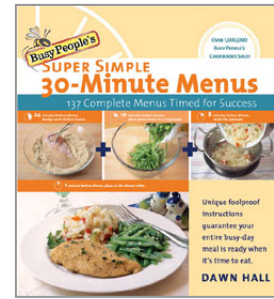
**DAIRY**

3 cups fat-free half-and-half

1/4 cup fat-free sour cream

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**Fish Tacos** (Cookbook page 258)

**Grocery List**

**PACKAGED**

Corn flakes  
12 (6-inch) corn tortillas  
Lime juice  
Sweet relish  
1 (16-ounce) jar salsa  
Fat-free French salad dressing  
Lemon juice

**PRODUCE**

1 plus 1/2 head iceberg lettuce  
1 medium tomato (optional)

**FISH**

1 1/2 pounds frozen tilapia

**DAIRY**

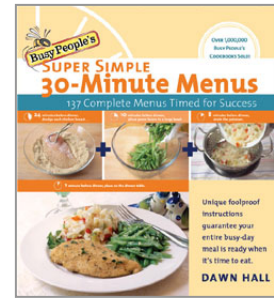
1 (8-ounce) package shredded fat-free cheddar cheese  
Fat-free sour cream

**SEASONINGS**

Taco seasoning mix  
Fat-free imitation  
cheese-flavored sprinkles  
Cajun seasoning

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**Lobster Pizzas** (Cookbook page 260)

**Grocery List**

**PACKAGED**

Sweet pickles

Cocktail sauce

8 (8-inch) soft flour tortillas

**PRODUCE**

1 large head iceberg lettuce

1 large tomato

**FISH**

4 (8-ounce) packages imitation lobster pieces

**DAIRY**

Light butter

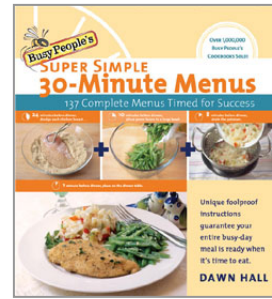
Fat-free sour cream

8 ounces fat-free cream cheese

2 cups fat-free mozzarella cheese

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**Shrimp Scampi** (Cookbook page 262)

**Grocery List**

**PRODUCE**

1 (8-ounce) package sliced mushrooms

**FROZEN**

2 (16-ounce) packages frozen California blend vegetables

1 1/2 pounds frozen small shrimp (41-50 count)

**DAIRY**

Light butter

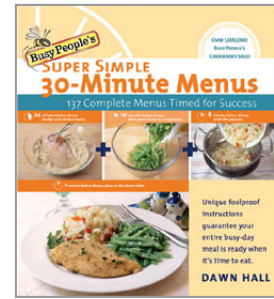
3/4 cup shredded fat-free cheddar cheese

Fat-free butter spray

1 (11-ounce) can refrigerated bread stick dough

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**Vegetarian Goulash** (Cookbook page 266)

**Grocery List**

**PACKAGED**

- 1 (8-ounce) can tomato sauce
- 3 (14 1/2-ounce) cans diced tomatoes with chilies
- 1 (8-ounce) bottle fat-free ranch salad dressing
- 1 (12-ounce) box rotini pasta

**PRODUCE**

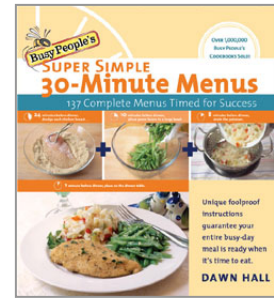
- 1/2 cup chopped celery
- 1 large head iceberg lettuce
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped yellow bell pepper
- 1 cup chopped green bell pepper

**FROZEN**

- 1 1/2 cups frozen chopped onions
- 1 (12-ounce) package frozen vegetarian beef-flavored crumbles

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## **Angel Hair Pasta Smothered in Vegetarian Sausage Marinara**

(Cookbook page 268)

### **Grocery List**

#### **PACKAGED**

- 1 (14-ounce) can diced tomatoes with green pepper and onion
- 1 (26-ounce) jar Three Cheese pasta sauce
- 1 (4-ounce) can sliced mushrooms
- 4 ounces angel hair pasta
- 1 (8-ounce) bottle fat-free Italian salad dressing
- Reduced-fat Parmesan-style grated topping

#### **PRODUCE**

- 1 large head romaine lettuce

#### **FROZEN**

- 1 (12-ounce) package vegetarian sausage flavored crumbles
- 1/2 cup frozen chopped onions

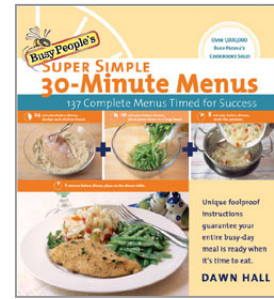
#### **DAIRY**

- 1/4 cup liquid egg substitute
- 1 (7 1/2-ounce) can refrigerated buttermilk biscuits



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**Little Italy Barley Soup** (Cookbook page 270)

**Grocery List**

**PACKAGED**

1 (14-ounce) can diced tomatoes with green pepper and onion

1 (26-ounce) jar Three Cheese pasta sauce

1 (4-ounce) can sliced mushrooms

Quick pearl barley

**PRODUCE**

1 medium green bell pepper

1 medium red bell pepper

1 medium yellow bell pepper

**FROZEN**

1 (12-ounce) package plus

1/2 cup vegetarian sausage flavored crumbles

1/2 cup frozen chopped onions

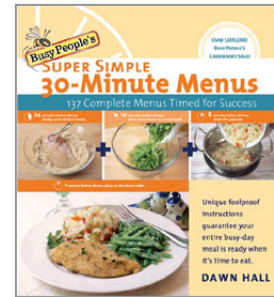
**DAIRY**

1/4 cup shredded fat-free mozzarella cheese

1 (8-ounce) container fat-free sour cream

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## **Whole Wheat Penne & Broccoli with Creamy Alfredo Sauce**

(Cookbook page 272)

### **Grocery List**

#### **PACKAGED**

Salad dressing (optional)

French bread (optional)

1 (12-ounce) box whole wheat penne pasta

1 (8 1/4-ounce) can sliced carrots

1 (7-ounce) can sliced

Mushrooms 1/2 cup reduced-fat Parmesan-style grated topping

#### **PRODUCE**

Lettuce (optional)

#### **FROZEN**

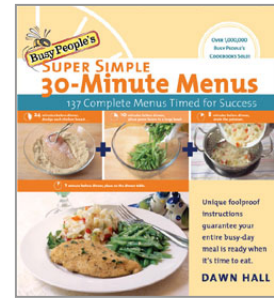
2 (16-ounce) bags frozen broccoli cuts

#### **DAIRY**

1 quart fat-free half-and-half

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**Vegetarian Chili with Corn Bread Dumplings** (Cookbook page 274)

**Grocery List**

**PACKAGED**

2 (14 1/2-ounce) cans diced chili-style tomatoes

1 (8 1/2-ounce) box corn muffin mix

Fat-free blue cheese salad dressing

1 (15-ounce) can chili beans with seasoning

**PRODUCE**

Celery

**FROZEN**

1 (12-ounce) package vegetarian beef-flavored crumbles

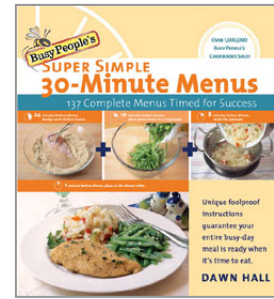
1/2 cup frozen chopped onions

**DAIRY**

2 eggs

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**Aztec Vegetarian Dinner** (Cookbook page 276)

**Grocery List**

**PACKAGED**

- 1 (15-ounce) can black beans
- 1 (15 1/4-ounce) can corn
- 1 (14 1/2-ounce) can diced potatoes
- 1 (8-ounce) bottle fat-free French salad dressing
- Mild chunky salsa

**FROZEN**

- 1/2 cup frozen 3-Pepper & Onion vegetable blend
- 1 (12-ounce) package vegetarian beef-flavored crumbles

**PRODUCE**

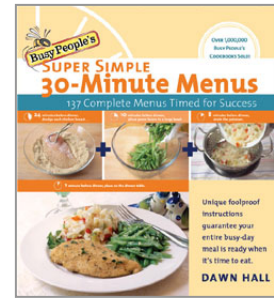
- 1 large head iceberg lettuce

**SEASONINGS**

- 1 (1 1/4-ounce) package taco seasoning mix

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**Southwestern Chili** (Cookbook page 278)

**Grocery List**

**PACKAGED**

- 1 1/4 cup mild chunky salsa
- 1 cup Mexicorn
- 2 (14 1/2-ounce) cans diced chili-style tomatoes
- 1 (8 1/2-ounce) box corn muffin mix
- Splenda granular
- 1 (15-ounce) cans chili beans with seasoning

**PRODUCE**

- 1 bunch celery

**FROZEN**

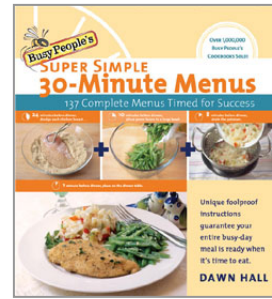
- 1 (12-ounce) package vegetarian beef crumbles

**DAIRY**

- 1/2 cup fat-free sour cream
- 1 egg

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## **Creamy Sausage & Bean Chowder** (Cookbook page 280)

### **Grocery List**

#### **PACKAGED**

- 1 (15 1/2-ounce) can great Northern beans
- 2 (10 3/4-ounce) cans 98% fat-free cream of celery soup
- Chili sauce
- Dill pickle spears
- 1 (8 1/2-ounce) box corn muffin mix

#### **PRODUCE**

- 1 bunch celery

#### **FROZEN**

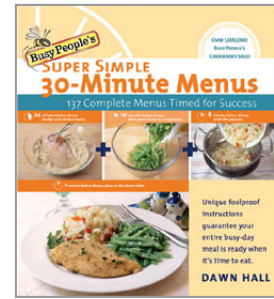
- 1 (12-ounce) package vegetarian sausage-flavored crumbles

#### **DAIRY**

- 1/4 cup fat-free sour cream
- 1/4 cup shredded fat-free cheddar cheese
- 2 eggs

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**Fettuccini Alfredo** (Cookbook page 282)

**Grocery List**

**PACKAGED**

- 1 (12-ounce) box whole wheat fettuccini
- 1/2 cup reduced-fat Parmesan-style grated topping

**FROZEN**

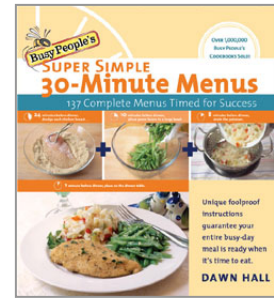
- 2 (16-ounce) bag frozen broccoli cuts

**DAIRY**

- 1 pint fat-free half-and-half
- 1 (11-ounce) can refrigerated bread dough

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**Oriental Vegetarian Chili** (Cookbook page 284)

**Grocery List**

**PACKAGED**

- 1 (15-ounce) can spicy chili beans
- 2 (14 1/2-ounce) cans diced chili-style tomatoes
- Plum sauce (found in Chinese food aisle)
- 20 wonton wrappers
- Toasted sesame seeds\*
- Fortune cookies

**PRODUCE**

- 1 (10-ounce) bag washed and ready-to-use fresh spinach

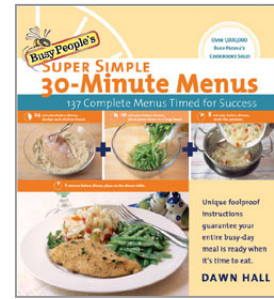
**FROZEN**

- 2 (16-ounce) bags Oriental stir-fry vegetables



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**Spinach, Sausage & Rice Stove-Top Casserole** (Cookbook page 286)

**Grocery List**

**PACKAGED**

Green olives

3 mild cherry peppers

Tabbouleh

Whole-grain instant brown rice

2 (14-ounce) cans spinach

1 (14 1/2-ounce) can diced tomatoes with green pepper and onion

1/2 cup fat-free Italian salad dressing

French bread

**PRODUCE**

1 large head iceberg lettuce

**FROZEN**

1 (12-ounce) bag vegetarian sausage-flavored crumbles

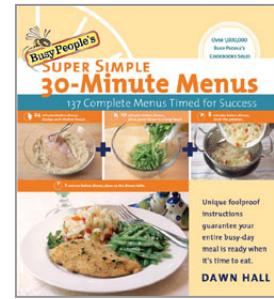
**DAIRY**

Fat-free feta cheese

1/2 cup shredded fat-free mozzarella cheese

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**Creamy Sausage & Spinach Soup** (Cookbook page 288)

**Grocery List**

**PACKAGED**

Rye Kaiser rolls (optional)  
3 (14-ounce) cans spinach  
1/2 cup fat-free Red French salad dressing  
1 (10 3/4-ounce) can 98% fat-free broccoli cheese soup

**PRODUCE**

1 Gala apple  
1 yellow bell pepper  
1 orange bell pepper  
1 red bell pepper

**FROZEN**

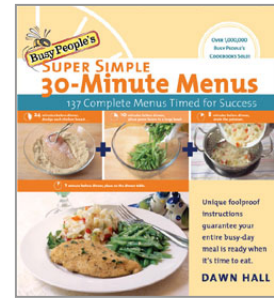
1/2 cup frozen chopped onion  
1 (12-ounce) package vegetarian sausage-flavored crumbles

**DAIRY**

1 pint fat-free half-and-half

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**Three-Alarm Chili** (Cookbook page 290)

**Grocery List**

**PACKAGED**

- 1 (4 1/2-ounce) can chopped green chilies
- Bold & spicy Bloody Mary mix (nonalcoholic)
- 1 (15 1/2-ounce) can hot & spicy chili beans in chili sauce
- 1 (14 1/2-ounce) can diced tomatoes with mild green chilies
- Ranch salad dressing mix

**PRODUCE**

- 1/2 cup chopped fresh chives
- 2 medium cucumbers

**FROZEN**

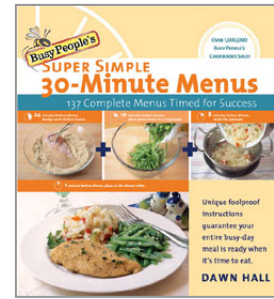
- 1 (12-ounce) bag vegetarian beef-flavored crumbles

**DAIRY**

- Shredded fat-free cheddar cheese
- 1 (8-ounce) container fat-free sour cream
- 2 eggs

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## **One-Pan Lasagna Stove-Top Dinner** (Cookbook page 292)

### **Grocery List**

#### **PACKAGED**

- 1 (26-ounce) jar garlic & herb pasta sauce
- 1 (12-ounce) bag No-Yolk extra broad pasta
- Fat-free Italian salad dressing

#### **PRODUCE**

- 2 small green zucchini
- 2 small yellow squash
- 10 grape tomatoes

#### **FROZEN**

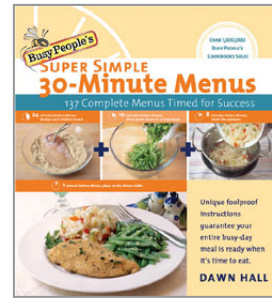
- 1 (12-ounce) package vegetarian sausage flavored crumbles

#### **DAIRY**

- Light butter
- Low-fat ricotta cheese
- 1/2 cup shredded fat-free mozzarella cheese
- Reduced-fat Parmesan-style grated topping
- 1 (7 1/2-ounce) can refrigerated buttermilk biscuits

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**Little Italy Chili Topped with Italian Biscuit Bites** (Cookbook page 294)

**Grocery List**

**PACKAGED**

- 1 (15-ounce) can chili beans
- 2 (14 1/2-ounce) cans diced tomatoes with basil, garlic, and oregano
- Fat-free Italian croutons
- 1 (8-ounce) bottle fat-free Italian salad dressing

**PRODUCE**

- 1 large head romaine lettuce
- 1 cucumber
- 18 grape tomatoes

**FROZEN**

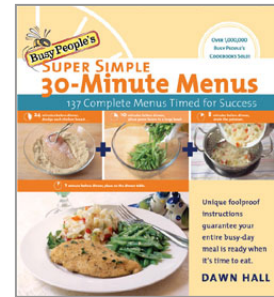
- 1 (12-ounce) package vegetarian sausage flavored crumbles

**DAIRY**

- 1/2 cup shredded fat-free mozzarella cheese
- 1 (7 1/2-ounce) can refrigerated buttermilk biscuits

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**Tamale Pie Casserole** (Cookbook page 296)

**Grocery List**

**PACKAGED**

- 2 (14 1/2-ounce) cans diced tomatoes with chilies
- 2 (15-ounce) cans vegetarian chili
- Fat-free French salad dressing
- 1 (8 1/2-ounce) box corn muffin mix
- 1 (11-ounce) can Mexicorn\*

**PRODUCE**

- 1 large yellow bell pepper
- 1 large red bell pepper
- 1 large green bell pepper

**FROZEN**

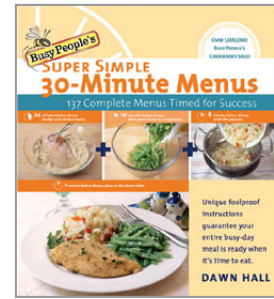
- 1 (12-ounce) package frozen vegetarian beef-flavored crumbles

**DAIRY**

- 1 cup shredded fat-free cheddar cheese
- 1/2 cup fat-free sour cream
- 1 small container Southwestern liquid egg substitute

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**Oven-Baked Stuffed Portobello Mushrooms** (Cookbook page 298)

**Grocery List**

**PACKAGED**

Rye bread

1/2 cup chicken broth

1 (30-ounce) can pineapple tidbits in juice

**PRODUCE**

1/3 cup chopped celery

1 1/2 pounds fresh asparagus

6 (7-ounce) Portobello mushrooms

**FROZEN**

1/3 cup frozen chopped onion

1 (12-ounce) package vegetarian sausage flavored crumbles or 1 pound low-fat Italian turkey sausage

1 cup frozen fat-free whipped topping

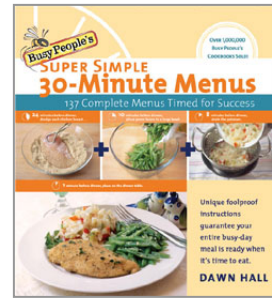
**DAIRY**

4 slices reduced-fat deli-thin sliced Swiss cheese

4 ounces fat-free cream cheese

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**Double-Chocolate Cherry Snack Squares** (Cookbook page 302)

**Grocery List**

**PACKAGED**

1 (18.25-ounce) box chocolate cake mix

1 (10-ounce) jar maraschino cherries

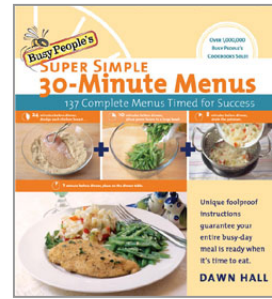
**DAIRY**

3 eggs



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**Chocolate Raspberry Four-Layer Cake** (Cookbook page 303)

**Grocery List**

**PACKAGED**

- 1 cup fat-free mayonnaise
- 1 small jar fat-free hot fudge topping

**DAIRY**

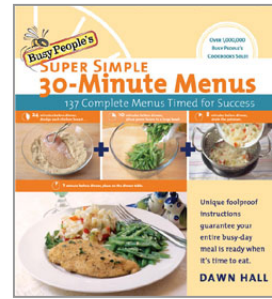
- 6 eggs

**BAKING ITEMS**

- 1 (12-ounce) can raspberry filling
- 1 (18.25-ounce) box Super Moist chocolate fudge cake mix
- Chocolate sprinkles

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**Stuffed Almond Cupcakes** (Cookbook page 304)

**Grocery List**

**PACKAGED**

1 (18.25-ounce) box white cake mix

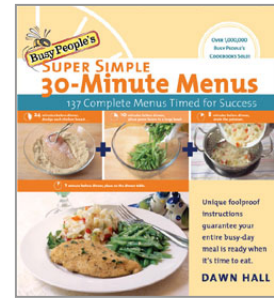
1 (12.5-ounce) can almond cake and pastry filling

**DAIRY**

Egg whites

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**Cherry Surprise–Filled Chocolate Cupcakes** (Cookbook page 305)

**Grocery List**

**PACKAGED**

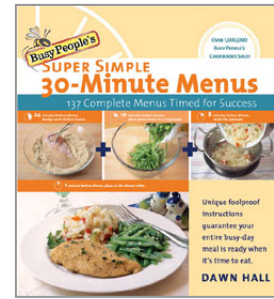
- 1 (21-ounce) can light cherry pie filling
- 1 small jar fat-free hot fudge topping
- 1 (18.25-ounce) box devil's food cake mix

**DAIRY**

- 6 eggs

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**Pumpkin Spice Cookies** (Cookbook page 306)

**Grocery List**

**PACKAGED**

1 (18.25-ounce) box spice cake mix

1 (15-ounce) can pumpkin pie mix

**FROZEN**

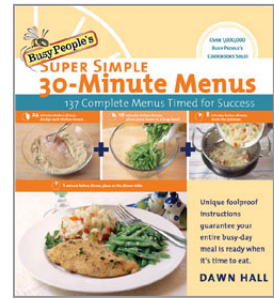
1 (8-ounce) container fat-free dessert whipped topping

**DAIRY**

2 eggs

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**Sweet Cream Cheese Spread** (Cookbook page 307)

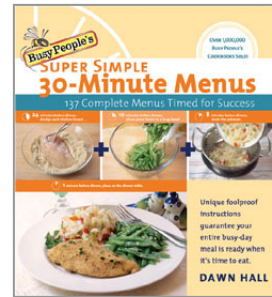
**Grocery List**

**DAIRY**

1 (8-ounce) package fat-free  
cream cheese

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**Cherry Delight Four-Layer Cake** (Cookbook page 308)

**Grocery List**

**PACKAGED**

1 (20-ounce) can light cherry pie filling

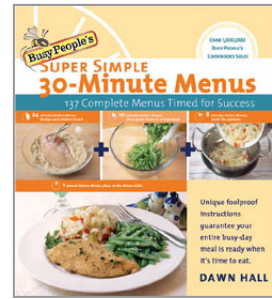
1 (18.25-ounce) box Super Moist butter recipe white cake mix

**DAIRY**

6 eggs

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**Butter Pecan Cookies** (Cookbook page 309)

**Grocery List**

**PACKAGED**

1 (18.25-ounce) box Super Moist butter pecan cake mix

**DAIRY**

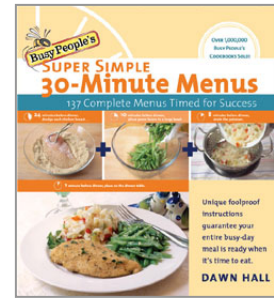
2 eggs

**FROZEN**

1 (8-ounce) container fat-free dessert whipped topping

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**Freckled Lemon Sunshine Cake** (Cookbook page 310)

**Grocery List**

**PACKAGED**

1 (18.25-ounce) box lemon supreme cake mix

1 (21-ounce) can lemon cream pie filling

**PRODUCE**

1 lemon

**DAIRY**

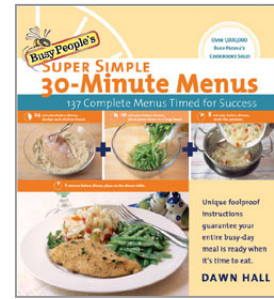
6 eggs

1/2 cup fat-free sour cream



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**Harvest Snack Cake Squares** (Cookbook page 311)

**Grocery List**

**PACKAGED**

1 (18.25-ounce) box Super Moist carrot cake mix

1 (15-ounce) can pumpkin pie mix

**DAIRY**

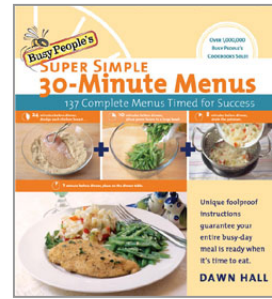
4 eggs

**FROZEN**

Fat-free dessert whipped topping (optional)

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**Apple Spice Four-Layer Cake** (Cookbook page 312)

**Grocery List**

**PACKAGED**

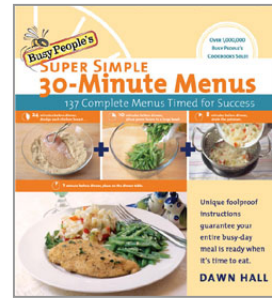
- 1 (20-ounce) can apple pie filling
- 1 (18.25-ounce) box spice cake mix

**DAIRY**

- 6 eggs
- 1 (8-ounce) container fat-free sour cream

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**Frozen Pumpkin Yogurt** (Cookbook page 313)

**Grocery List**

**PACKAGED**

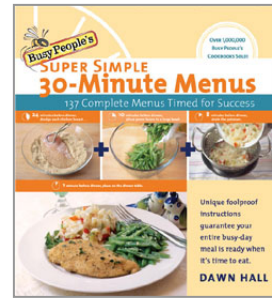
1 (15-ounce) can pumpkin pie mix

**FROZEN**

1 pint fat-free sugar-free vanilla frozen yogurt

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**Peppermint Candy Blizzard** (Cookbook page 314)

**Grocery List**

**PACKAGED**

5 miniature peppermint candy canes

**FROZEN**

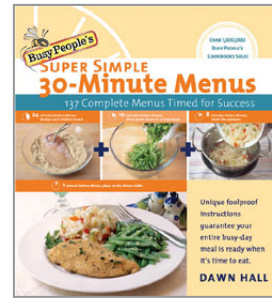
1 quart low-fat frozen vanilla yogurt

**DAIRY**

1 cup fat-free low-carb milk

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**Apricot Cranberry Bake** (Cookbook page 315)

**Grocery List**

**PACKAGED**

- 2 (15-ounce) cans apricots
- 1 (8-ounce) can jellied cranberry sauce

**FROZEN**

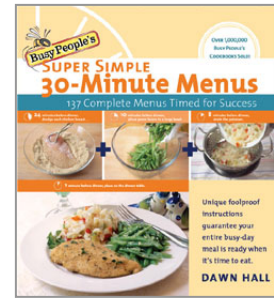
- 1 (8-ounce) container fat-free dessert whipped topping (optional)

**DAIRY**

- Light butter

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**Very Cherry Cookies** (Cookbook page 316)

**Grocery List**

**PACKAGED**

1 (18.25-ounce) box Super Moist cherry chip cake mix

**FROZEN**

1 (8-ounce) container fat-free dessert whipped topping

**DAIRY**

2 eggs

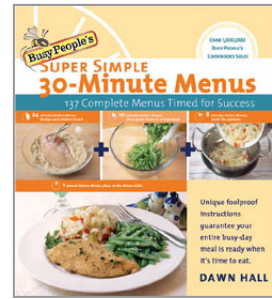
**OTHER**

1 (10-ounce) jar maraschino cherries

Red sugar crystals

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***137 Complete Meals Timed for Success***

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**Cherry Crumb Squares** (Cookbook page 317)

**Grocery List**

**PACKAGED**

1 (20-ounce) can light cherry pie filling

**DAIRY**

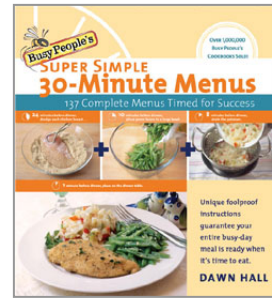
Light butter

1 (8-ounce) package fat-free cream cheese

1 (8-ounce) can refrigerated reduced-fat crescent rolls

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**Hot Fudge Cranberry Sundae** (Cookbook page 318)

**Grocery List**

**PACKAGED**

Whole-berry cranberry sauce

Fat-free hot fudge

**FROZEN**

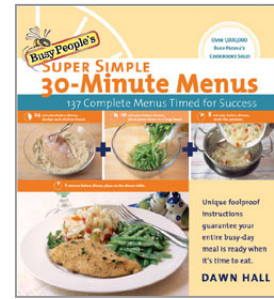
Fat-free dessert whipped topping

1/2 cup fat-free no-sugar-added vanilla frozen yogurt



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**Triple Berry Trifle** (Cookbook page 319)

**Grocery List**

**PACKAGED**

2/3 cup sugar-free strawberry glaze

1 (10-ounce) box angel food cake

**FROZEN**

1 (16-ounce) bag frozen strawberries

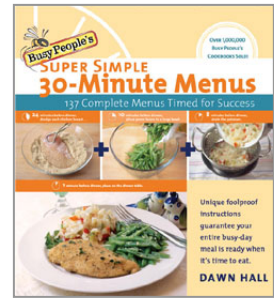
1 (16-ounce) bag frozen blackberries

1/2 cup frozen blueberries

Fat-free dessert whipped topping

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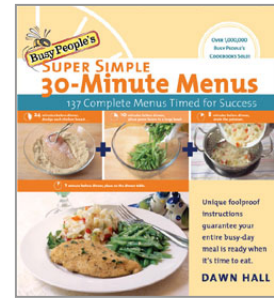
**Angel Snack Cake** (Cookbook page 320)

**Grocery List**  
**PACKAGED**

- 1 (16-ounce) box angel food cake mix
- 1 (16-ounce) can whole cranberry sauce

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**Chocolate Cherry Snow-Capped Cake** (Cookbook page 321)

**Grocery List**

**PACKAGED**

1 (18.25-ounce) box chocolate cake mix

1 (20-ounce) can cherry pie filling

**DAIRY**

8 eggs