

Grocery Lists for Menus from

Busy People's Fast & Frugal Cookbook:

Recipes as Healthy as they are Easy on the Budget

Author: Dawn Hall

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MENUS LISTED IN ORDER THEY APPEAR IN THE COOKBOOK (pages referenced)

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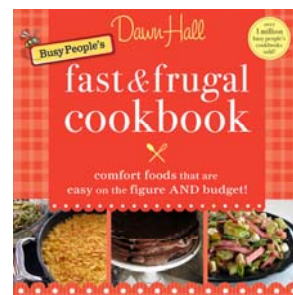
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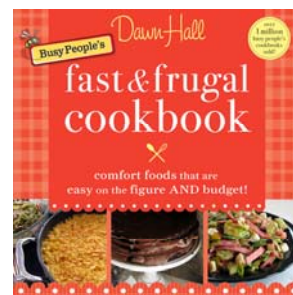
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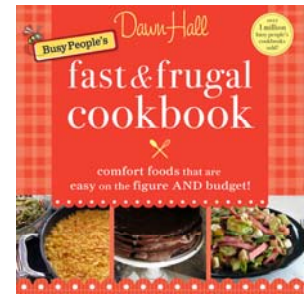
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Bacon Egg and Cheese Sandwich (Cookbook Page 2)

Grocery List

PRODUCE

Any desired fruit

PACKAGED

English Muffin (1 needed)

MEAT

Canadian bacon (1 slice needed)

DAIRY

Egg (1 egg needed)

Fat-free American or fat-free Swiss cheese (1 slice needed)

PANTRY

Mustard or honey mustard – optional

Hot sauce - optional

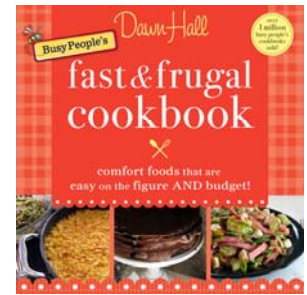
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Greek Egg Scramble (Cookbook Page 4)

Grocery List

DAIRY

18 large eggs

Feta cheese crumbles (¼ cup)

1 (8 ounce) package fat-free cream cheese (4 ounces needed)

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

MEAT

1 pound lean ham steaks (approx. 7 per package)

PRODUCE

Grape tomatoes (½ cup)

Fresh parsley (2 tablespoons)

1 small sweet onion (1 tablespoon)

1 small honey dew melon (2 cups)

Pantry Supplies

Italian seasoning (1 teaspoon)

Fat Free zesty Italian Salad Dressing (2 Tablespoons)

Butter flavored cooking spray

Splenda granular (1 tablespoon)

Red raspberry sugar-free preserves (8 teaspoons)

Red sugar (1 teaspoon) *or* sugar and red food coloring

Yellow food coloring

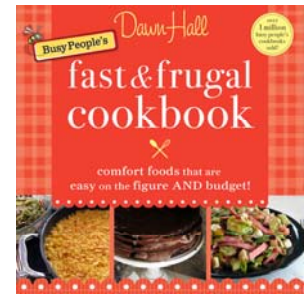
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Rueben Egg Bake (Cookbook Page 6)

Grocery List

PACKAGE

Seeded hearty rye bread (2 slices needed)

1 (14.5-ounce) can sauerkraut

Fat-free Thousand-Island dressing (optional)

DAIRY

8 eggs

Fat-free sour cream (1/4 cup needed)

Sliced Swiss cheese (1 slice needed)

MEAT

1 (2-ounce) package corned beef (Carl Buddig)

PRODUCE

Tomatoes (2 needed)

PANTRY

Dried parsley

Light Miracle Whip

Fat-free Miracle Whip

Ketchup

Sweet relish

Non-fat cooking spray

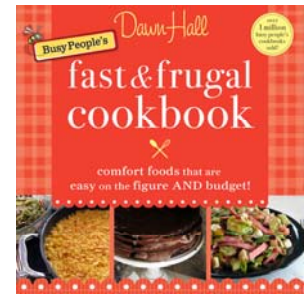
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Potato Pancakes with Sour Cream & Chives Topping (Cookbook Page 8)

Grocery List

PRODUCE

Chopped fresh chives (¼ cup needed or 2 tablespoon dried chives)

Sweet onion (2 tablespoons finely chopped needed)

MEATS/POULTRY/SEAFOOD

1 (16-ounce) package baked sliced ham

DAIRY

3 eggs

Fat-free sour cream (1 cup needed)

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

Fat-free skim milk (¾ cup needed)

PACKAGED

1(15-ounce) can diced potatoes

Heart Smart Bisquick baking mix (1 ½ cups needed)

Instant mashed potato flakes (½ cup needed)

FROZEN

1(12-ounce) container frozen concentrated orange juice

PANTRY

Ground allspice (½ teaspoon needed)

Splenda Brown Sugar Blend (2 tablespoons needed)

Ground cinnamon (1 teaspoon needed)

Dried parsley (1 teaspoon needed)

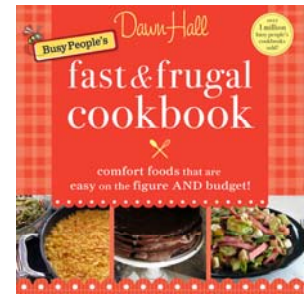
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Hawaiian French Toast (Cookbook Page 10)

Grocery List

MEATS/POULTRY/SEAFOOD

1 (16-ounce) package 97% fat-free honey-ham

DAIRY

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

5 Eggs

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

Fat-free skim milk (4 cups needed)

PACKAGED

Shredded coconut (3 packed tablespoons needed total)

1 (16-ounce) package King's Hawaiian Sweet bread (1/2 package needed)

1 (8-ounce) can pineapple tidbits

Sugar-free butter flavored syrup (1/2 cup needed)

PANTRY

Coconut extract

Non-stick cooking spray

Splenda granular

Banana extract

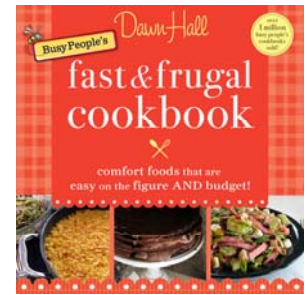
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Hawaiian Ham Breakfast Bake (Cookbook Page 12)

Grocery List

PRODUCE

1 Banana

MEATS/POULTRY/SEAFOOD

8 slices from 1(16-ounce) package 97% fat-free baked ham

DAIRY

4 eggs

PACKAGED

2 (20-ounce) can pineapple chunks

1 (16-ounce) package King's Hawaiian Sweet bread (1/2 package needed)

2 (15-ounce) can tropical fruit salad

2 (15-ounce) can whole segment mandarin oranges

Maraschino cherries

Shredded coconut

Diet citrus flavored green tea (1 1/4 cups needed)

PANTRY

Coconut extract

Non-stick cooking spray

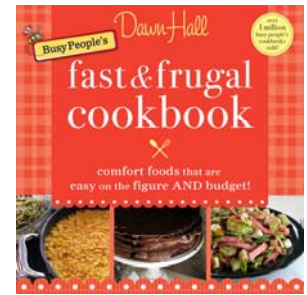
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Italian Breakfast Pizza (Cookbook Page 14)

Grocery List

PRODUCE

3 apples

MEAT

1 package turkey pepperoni (19 slices needed)

DAIRY

6 large eggs

1 (8-ounce) package fat-free shredded mozzarella cheese (1 cup needed)

PACKAGED

1 (6-ounce) box Italian stuffing mix

1 (8-ounce) can tomato sauce

1 (33.8 fl. Ounce) bottle virgin Bloody Mary Mix

PANTRY

Italian seasoning

Non-fat cooking spray

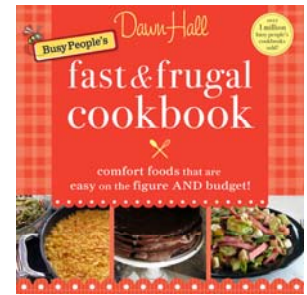
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Onion and Rye Skillet Egg Bake (Cookbook Page 16)

Grocery List

PACKAGE

Rye Bread with seeds (4 slices needed)

French fried onions

1 (12-ounce) can roast beef

2 (14.5-ounce) cans whole green beans

1 jar diced pimentos

1 jar minced garlic

1 (33.8 fl. Ounce) bottle virgin Bloody Mary mix

DAIRY

12 eggs

Fat-free cottage cheese

PRODUCE

1 medium sweet yellow onion

1 bunch fresh green onions

Pantry

Onion salt

Buttered flavored cooking spray

Steak seasoning

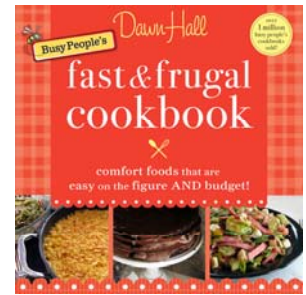
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Sunshine in a Pond (Cookbook Page 18)

Grocery List

PACKAGE

Splenda Brown Sugar Blend

Ground Allspice

DAIRY

6 Eggs

PRODUCE

6 Navel Oranges

BREADS/BAKERY

Loaf light bread

PANTRY

Butter flavored cooking spray

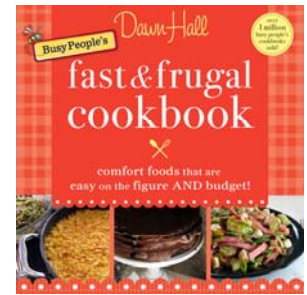
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Sausage Gravy over Biscuits (Cookbook Page 20)

Grocery List

PACKAGE

1 (7.5-ounce) can buttermilk biscuits

DAIRY

Fat-free milk (2 ½ cups needed)

MEAT

1 (16-ounce) package Honeysuckle White lean turkey breakfast sausage

PRODUCE

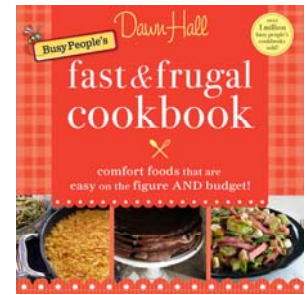
Oranges

PANTRY

Cornstarch

Ground black pepper

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White Cheese Strata (Cookbook Page 22)

Grocery List

PACKAGE

Light reduced calorie white bread (8 slices needed)

Cherry cola

Sugar free peach drink mix

Cinnamon red hot candies

DAIRY

1 dozen eggs

Fat-free skim milk

1 (8-ounce) package shredded fat-free mozzarella cheese

Shredded parmesan cheese

MEAT

8 (2-ounce) slices lean cooked ham steaks

PRODUCE

Grapefruit or oranges

PANTRY

Ground black pepper

Allspice

Splenda brown sugar blend

Butter flavored cooking spray

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Ham and Cheese Breakfast Bake (Cookbook Page 24)

Grocery List

PACKAGE

Light wheat bread (8 slices needed)

2 (15-ounce) cans no sugar added chunky mixed fruits

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

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

Maraschino cherries

DAIRY

9 eggs

Fat-free skim milk

Shredded fat-free cheddar cheese (1 ½ cups needed)

MEAT

1 (16 ounce) package honey ham lunch meat slices

PANTRY

Yellow mustard

Buttered flavored cooking spray

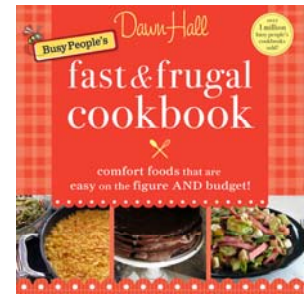
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Upside Down French Toast and Ham Bake (Cookbook Page 26)

Grocery List

MEATS/POULTRY/SEAFOOD

4 slices of 97% fat-free honey ham

DAIRY

Light butter (2 tablespoons needed)

4 Eggs

Fat-free skim milk (2 tablespoons needed)

PACKAGED

Light white bread (8 slices needed)

24oz diet cranberry juice

Maraschino cherries

PANTRY

Splenda brown sugar blend (1/4 plus 1 tablespoon needed)

Ground cinnamon

Sugar-free hazelnut coffee creamer

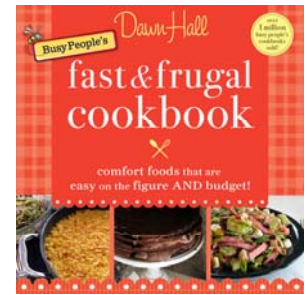
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Smoked Sausage and Cheddar Egg Bake (Cookbook Page 28)

Grocery List

MEATS/POULTRY/SEAFOOD

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

DAIRY

7 Eggs

Fat-free skim milk (1/3 cup needed)

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

FROZEN

1 (12-ounce) can frozen concentrated lemonade

1 (16-ounce) bag frozen blueberries

PACKAGED

1 (16-ounce) loaf of French bread (1/2 loaf needed)

PANTRY

Dried chives

Non-stick cooking spray

Splenda granular

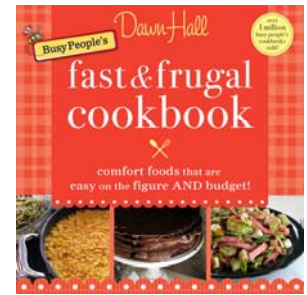
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Cheesy Mushroom Bake (Cookbook Page 30)

Grocery List

PACKAGE

- 1 (10.34- ounce) can Campbell's Healthy Request Cream of Mushroom Soup
- 1 (16 ounce) bottle fat-free ranch salad dressing (½ cup needed)
- 1 (16 ounce) bottle fat-free Italian Salad Dressing (¼ cup needed)
- 1 (11.5-ounce) package fat-free flour fajitas (10 fajitas per package, only 9 used)
- 1 box of 10 packages Swiss Miss Sensible Sweets Diet Hot Cocoa Mix
- 1 bag red hot cinnamon candies (1/4 cup needed)

DAIRY

- 1 (8-ounce) package shredded fat-free mozzarella cheese
- 2 eggs
- Finely Shredded Parmesan Cheese (2 tablespoons needed)

PRODUCE

- 1(8-ounce) package sliced fresh mushrooms
- 2 large Bartlett pears
- 1 large red delicious apple

Pantry List

- Ground cinnamon
- Splenda granular
- Dried chopped chives
- Baco Bits (imitation bacon) (2 tablespoons needed)
- Non-stick baking spray

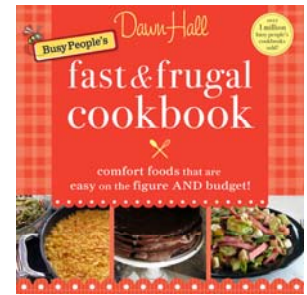
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Banana Cream Crepes (Cookbook Page 32)

Grocery List

PRODUCE

2 Small bananas

MEATS/POULTRY/SEAFOOD

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

DAIRY

Fat-free skim milk (1 $\frac{3}{4}$ cups needed)

2 Eggs

FROZEN

1 (8-ounce) container fat-free dessert whipped topping (about 3 cups total needed)

PACKAGED

1 (1.34-ounce) box Sugar-free French vanilla instant pudding

Sugar free butter flavor syrup (1/2 cup needed)

Powdered sugar

Heart Smart Bisquick baking mix (1/2 cup needed)

PANTRY

Ground cinnamon

non-stick cooking spray

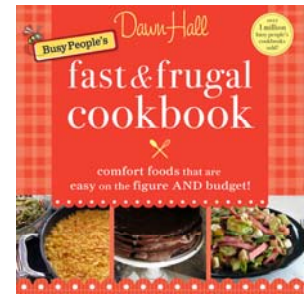
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Farmers Breakfast Frittata (Cookbook Page 34)

Grocery List

PRODUCE

1 green pepper

1 medium sweet onion

MEAT

1 (14-ounce) package lean Smoked Turkey Sausage

DAIRY

Non-fat plain yogurt (2 tablespoons needed)

Fat-free shredded cheddar cheese(1/2 cup needed)

Eggs (10 needed)

PACKAGED

1 (11-ounce) can mandarin oranges

1 (15.5-ounce) can sliced peaches

Whole wheat fat-free bread

PANTRY

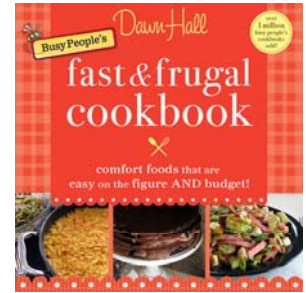
Ground black pepper

Splenda granular

Ground cinnamon

Non-fat cooking spray

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Home-Style Skillet Egg Bake (Cookbook Page 36)

Grocery List

PACKAGED

- 2 (15-ounce) cans diced potatoes
- 1 (7.5-ounce) can home-style biscuits

PRODUCE

- 1 ½ pounds red seedless grapes

MEAT

- 1 (14-ounce) package Turkey Breakfast sausage links

DAIRY

- 6 eggs
- 4 ounces fat-free cream cheese
- Fat-free sour cream

PANTRY

- Italian seasoning
- Garlic salt
- Vanilla extract
- Splenda granular
- Non-fat cooking spray

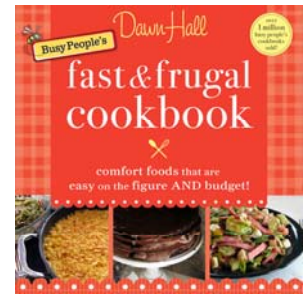
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Sausage Gravy Egg Baskets (Cookbook Page 38)

Grocery List

PACKAGE

Light multi-grain English muffins (4 needed)

DAIRY

Fat-free skim milk (2 ½ cups needed)

Fat-free American cheese (8 slices needed)

Eggs (8 needed)

MEAT

16-ounce package Honeysuckle White lean turkey breakfast sausage

PRODUCE

4 Oranges

4 grapefruit

PANTRY

Cornstarch

Ground black pepper

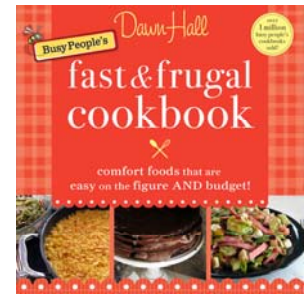
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Crabby Egg Bake Casserole (Cookbook Page 40)

Grocery List

PACKAGE

Light white bread (4 slices needed)

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

Low fat slaw dressing (I use Marzetti)

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

Maraschino cherries

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

DAIRY

6 eggs

Low fat ricotta cheese

Light fat free vanilla yogurt

Finely shredded parmesan cheese

SEAFOOD

1 (12-ounce) package imitation crab meat

PRODUCE

PANTRY

Lemon pepper

Garlic salt

Butter flavored cooking spray

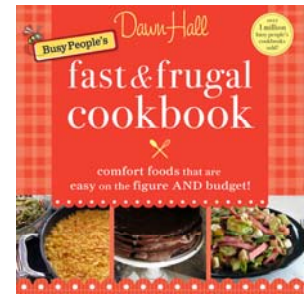
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Southwestern Egg Bake Casserole (Cookbook Page 42)

Grocery List

PACKAGE

Whole wheat light bread (4 slices needed)

1 (5 ounce) can green chilies

Sugar free peach drink mix

Cinnamon red hot candies

DAIRY

Fat-free sour cream (1 ½ cups needed)

6 eggs

Fat-free shredded cheddar cheese (1 cup needed)

MEAT

1 pound extra lean ground beef

PRODUCE

Grape or cherry tomatoes

PANTRY

Taco seasoning mix

Butter flavored cooking spray

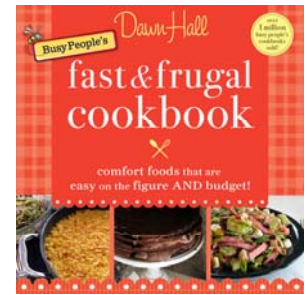
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Stuffed French Toast with Sweet Egg & Sausage Scramble

(Cookbook Page 44)

Grocery List

PRODUCE

1 Pound fresh strawberries

MEATS/POULTRY/SEAFOOD

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

DAIRY

6 Eggs

Fat-free cream cheese (4 tablespoons needed)

Fat-free skim milk (4 cups needed)

PACKAGED

½ of a 16-ounce loaf of unsliced French bread

Sugar-free butter flavored syrup (1 cup needed)

PANTRY

Sugar-free hazelnut or French vanilla coffee creamer

Splenda granular

Non-stick cooking spray

Almond extract

Ground cinnamon

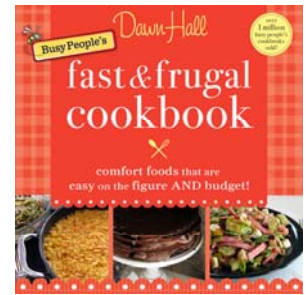
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Beef is Boss Chili (Cookbook Page 88)

Grocery List

PRODUCE

Celery

DAIRY

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

PACKAGED

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

1 (15.5-ounce) hot & spicy chili beans

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

Whole Wheat saltine crackers

PANTRY

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

Salt

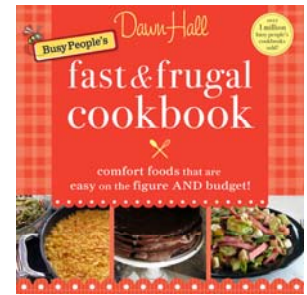
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Chicken and White Bean Chowder (Cookbook Page 89)

Grocery List

PRODUCE

1 Sweet onion (need 2/3 cup chopped)

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

DAIRY

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

PACKAGED

1 (48-ounce) jar of Great Northern Beans

2 (12.5-ounce) can chunk chicken

Diced pimento (optional)

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

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

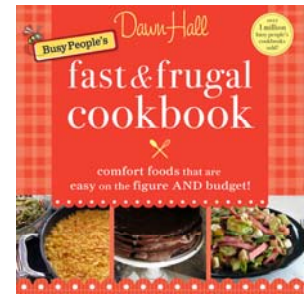
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Hawaiian Sweet Potato Soup (Cookbook Page 90)

Grocery List

PRODUCE

One head iceberg lettuce

1 Onion (need ½ cup finely chopped)

MEATS/SEAFOOD/POULTRY

1 (8-ounce) package diced ham

DAIRY

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

PACKAGED

1 (40-ounce) can sweet potatoes in syrup

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

PANTRY

Chicken broth (2 cups needed)

Ground red pepper

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

Salt

Dry dill

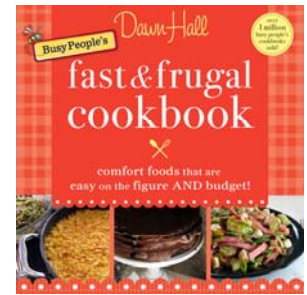
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Egg Drop Soup (Cookbook Page 91)

Grocery List

PRODUCE

4oz Fresh mushrooms

DAIRY

2 Eggs

Finely shredded parmesan cheese (1/4 cup needed)

PACKAGED

4 English muffins

PANTRY

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

Cornstarch

Light salt

Garlic salt

Non-fat butter flavored cooking spray

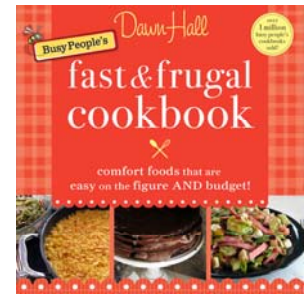
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Southwestern Chicken Enchilada Soup (Cookbook Page 92)

Grocery List

PACKAGED

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

PANTRY

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

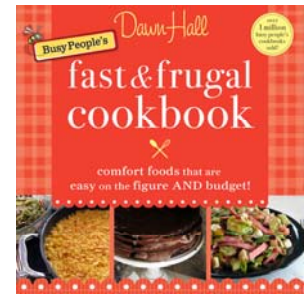
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Vegetarian Southwestern Tomato Soup (Cookbook Page 93)

Grocery List

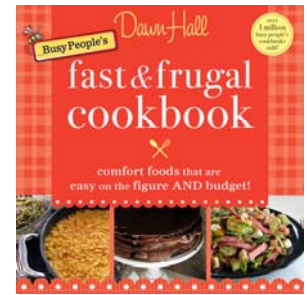
PACKAGED

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

PANTRY

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

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Salmon Chowder (Cookbook Page 94)

Grocery List

PRODUCE

One head iceberg lettuce
Sweet onion

DAIRY

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

PACKAGED

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

PANTRY

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

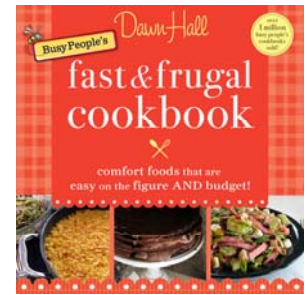
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Corny Clam Chowder (Cookbook Page 96)

Grocery List

PRODUCE

One head iceberg lettuce

Sweet onion

DAIRY

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

PACKAGED

3 (6 ½ -ounce) cans minced clams

1 (8-ounce) bottle of clam juice

2 (10 ¾ -ounce) cans healthy request cream of celery soup (98% fat free, 40% less sodium)

1 (15-ounce) can diced potato

1 (15-ounce) can whole kernel corn

Oyster crackers

PANTRY

Old Bay seasoning

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

Salt

Dry dill

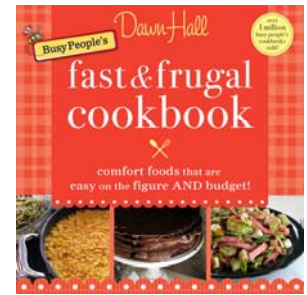
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Ham, Green Bean and Potato Soup (Cookbook Page 98)

Grocery List

MEAT

1 Pound package diced lean ham

DAIRY

Shredded fat-free mozzarella cheese (1 cup needed)

Shredded parmesan cheese (1/4 cup needed)

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

PACKAGED

2 (15- ounce) cans sliced new potatoes

2 (14.5-ounce) cans French style green beans

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

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

PANTRY

Dried parsley

Imitation flavored butter sprinkles (Butter Buds)

4 cups chicken broth

Non-fat butter flavored cooking spray

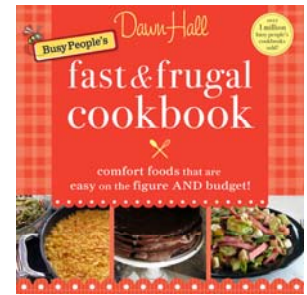
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Potato Reuben Chowder (Cookbook Page 100)

Grocery List

PRODUCE

2 large tomatoes

MEATS/POULTRY/SEAFOOD

2 (2-ounce) packages lean sliced corned beef

DAIRY

3 Slices natural Swiss cheese

PACKAGED

2 (15-ounce) cans diced potatoes

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

Sauerkraut (1/2 cup needed)

Hearty rye bread (3 slices needed)

Light Miracle Whip (2 tablespoons needed)

Fat free Miracle Whip (1 tablespoon needed)

PANTRY

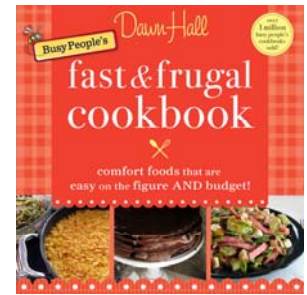
Beef broth (2 cups needed)

Ketchup

Sweet relish

Dried parsley (optional)

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Crabby Corn Soup (Cookbook Page 102)

Grocery List

DAIRY

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

FROZEN

1 (16 ounce) bag whole frozen strawberries
Fat-free dessert whipped topping (2 ½ cups needed)

PACKAGED

2 (14.75-ounce) cans cream style corn
2 (12-ounce) packages leg style imitation crab meat
Heart Smart Bisquick reduced-fat baking mix (2 cups needed)

PANTRY

1 (48-ounce) can light and fat-free chicken broth
Cornstarch (1/4 cup needed)
Light salt
Granulated sugar
Splenda granular
Butter flavored cooking spray

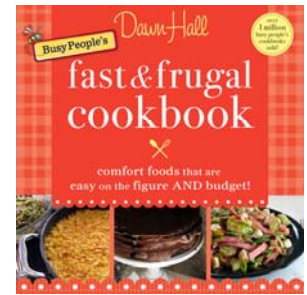
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Chicken Pot Pie Soup (Cookbook Page 104)

Grocery List

PACKAGED

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

PANTRY

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

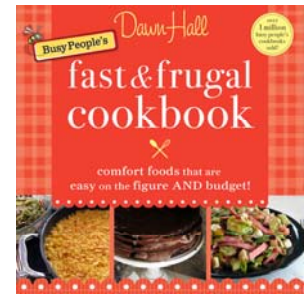
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Southwestern Pork Chowder (Cookbook Page 106)

Grocery List

PRODUCE

Fresh celery sticks

MEATS/POULTRY/SEAFOOD

2 ½ lbs of boneless pork loin

PACKAGED

2 (14.5 ounce) cans of Mexican style stewed tomatoes

1 (28ounce) can enchilada sauce (mild)

2 (15.25 ounce) cans whole kernel corn

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

1 (46 fl ounce) can tomato juice

Whole grain instant brown rice (1 ¼ cups needed)

Fat-free ranch salad dressing

Whole grain saltine crackers

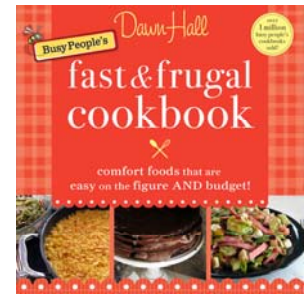
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Tomato Italiano Soup (Cookbook Page 108)

Grocery List

PRODUCE

1 Small bunch fresh kale

4oz Fresh mushrooms

MEATS/SEAFOOD/POULTRY

1 (19.2-ounce) package Italian style ground turkey

DAIRY

Finely shredded parmesan cheese (1/4 cup needed)

PACKAGED

1 (28-ounce) can petite diced tomatoes

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

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

4 English muffins

PANTRY

Splenda granular

Garlic salt

Non-fat butter flavored cooking spray

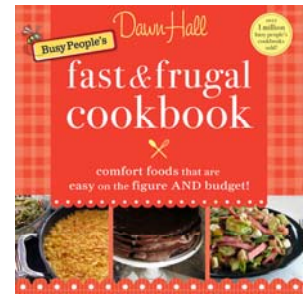
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Chicken Florentine Soup (Cookbook Page 110)

Grocery List

PRODUCE

6 Pounds parsnips

1 Medium fresh turnip

DAIRY

Shredded fat-free mozzarella cheese (1 cup needed)

Shredded parmesan cheese (1/4 cup needed)

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

FROZEN

1 Pound frozen chopped spinach

PACKAGED

2 (12.5-ounce) cans chunk chicken

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

PANTRY

Chicken broth (6 cups needed)

Splenda granular

Minced garlic

Non-fat butter flavored cooking spray

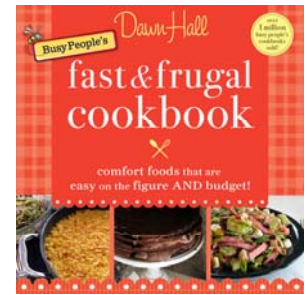
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Minestrone Soup (Cookbook Page 112)

Grocery List

MEATS

1 (36-ounce) package extra lean ground beef

DAIRY

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

6 egg whites

PACKAGED

1 (64-ounce) jar vegetable juice

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

Elbow macaroni (1 cup needed)

2 (15-ounce) can mixed vegetables

1 (15.5-ounce) can great northern beans

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

PANTRY

Dried Italian seasoning

Dried minced onion

Garlic salt

Olive oil cooking spray

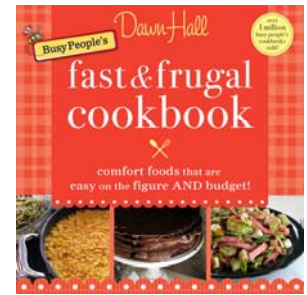
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German Potato Soup (Cookbook Page 114)

Grocery List

PRODUCE

1 medium sweet onion

MEATS/POULTRY/SEAFOOD

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

DAIRY

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

PACKAGED

1 (8.25 ounce) can sliced carrots

3 (15 ounce) cans diced potatoes

Seeded hearty rye bread (6 slices needed)

PANTRY

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

Garlic salt

Buttered flavored cooking spray

Cornstarch

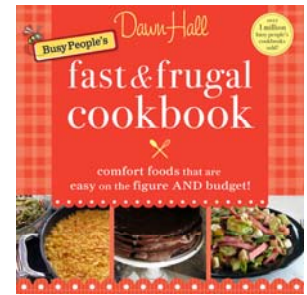
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Creamy Chicken and Noodle Soup (Cookbook Page 116)

Grocery List

PRODUCE

Celery (6 stalks needed)

PACKAGED

1 (12-ounce) package fettuccine

1 (14.5-ounce) can sliced carrots

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

4 fat-free flour tortillas

PANTRY

Chicken broth made from bouillon (13 cups total needed)

Minced garlic

Cornstarch

Garlic salt

Dried parsley (5 teaspoons needed)

Paprika

Butter flavored cooking spray

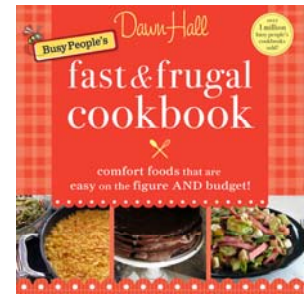
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Beef and Mushroom Noodle Soup (Cookbook Page 118)

Grocery List

PRODUCE

2 Medium sweet onion

PACKAGED

1 (12-ounce) package fettuccine

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

1 (16-ounce) package sliced mushrooms

Flour tortillas (6 needed)

PANTRY

Beef broth made from bouillon (13 cups total needed)

Cornstarch

Ground black pepper

Butter flavored cooking spray

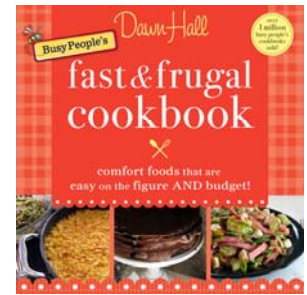
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Broccoli and Cauliflower Chowder (Cookbook Page 120)

Grocery List

MEATS

2 (1-pound) packages vegetarian ground sausage

DAIRY

Shredded cheddar cheese (1/2 cup needed)

FROZEN

1 (32-ounce) bag frozen hash browns

2 (1-pound) packages frozen broccoli and cauliflower

PACKAGED

4 whole wheat bagels

PANTRY

8 cups chicken broth made from bouillon

Steak seasoning salt

Dried chopped chives

Garlic salt

Buttered flavor cooking spray

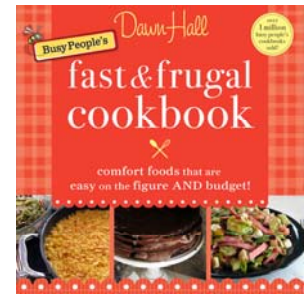
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Baked Beans with Smoked Sausage (Cookbook Page 125)

Grocery List

PRODUCE

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

MEATS

- 1 (14 ounce) package lean Smoked Sausage

DAIRY

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

PACKAGED

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

PANTRY

- Non-fat cooking spray
- Splenda brown sugar blend

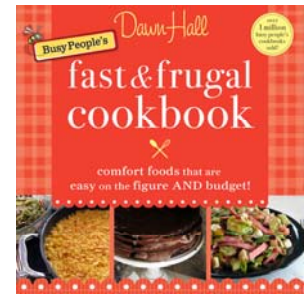
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Ham with Honey Dew Chutney (Cookbook Page 126)

Grocery List

PRODUCE

½ Of a small honey dew melon

Fresh parsley (1 tablespoon chopped needed)

1 Small sweet onion (1 rounded tablespoon chopped needed)

MEATS

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

DAIRY

Fat-free shredded mozzarella cheese (1 cup needed)

Shredded Parmesan cheese (¼ cup needed)

PACKAGED

2 (14.5-ounce) can green beans-drained

1 (15-ounce) can diced potatoes

Fat-free zesty Italian salad dressing

PANTRY

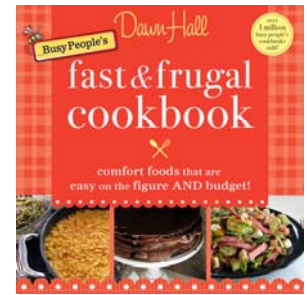
Splenda granular

Diced pimentos

Butter flavored sprinkles

Real bacon bits

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Maple Glazed Ham Steaks (Cookbook Page 128)

Grocery List

PRODUCE

1 Medium onion

MEATS

4 (3 ounce) extra lean ham steaks

DAIRY

2 slices thinly sliced Swiss cheese

6 Eggs

FROZEN

1 (2-pound) package frozen broccoli

PACKAGED

Sugar free maple flavored syrup

1 (6-ounce) can tomato paste

Light potato bread (6 slices needed)

PANTRY

Paprika (optional)

Onion salt

Celery salt

Splenda brown sugar blend

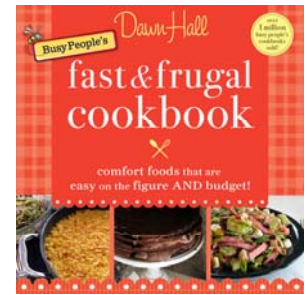
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Pork Stew (Quick Fix Pork Stew) (Cookbook Page 130)

Grocery List

PRODUCE

1 large onion

3 Bart let pears

MEAT

2 pounds pork loin

PACKAGED

1 (12ounce) jar home style pork gravy

2 (15ounce) cans sliced new potatoes

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

1 (8.5ounce) can peas and carrots

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

Pantry

Rubbed thyme (1/2 teaspoon needed)

Ground cinnamon (1/2 teaspoon needed)

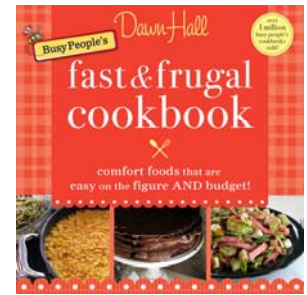
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Ham, Green Beans and Potatoes (One Pan Meal) (Cookbook Page 132)

Grocery List

MEATS/SEAFOOD/POULTRY

1 Pound package diced lean ham

PACKAGED

2 (15- ounce) cans sliced new potatoes

2 (14.5-ounce) cans French style green beans

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

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

1 (25-ounce) jar unsweetened applesauce

Dried mixed berries (1/2 cup needed)

PANTRY

Dried parsley

French fried onions (1/3 cup needed)

Allspice

Splenda granular

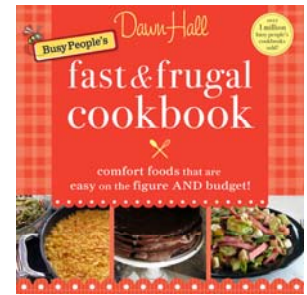
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Ham and Yam Stove Top Casserole (Cookbook Page 134)

Grocery List

PRODUCE

1 Medium sweet onion

MEATS

1 Pound of lean honey ham lunch meat

PACKAGED

1 (40-ounce) can sweet potatoes

Favorite honey barbeque sauce (1/4 cup needed)

1 (14-ounce) can turnip greens

2 (14-ounce) can mustard greens

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

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

PANTRY

Butter flavored cooking spray

Onion salt

Imitation butter flavored sprinkles (Butter Buds)

Liquid smoke

Splenda granular

Honey

Cornstarch

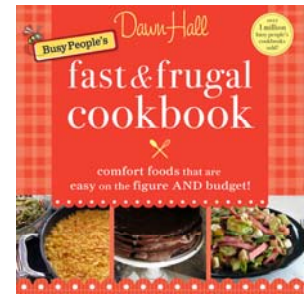
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Open Faced Cranberry Beef and Feta Sandwiches on Toasted Rye

(Cookbook Page 136)

Grocery List

PRODUCE

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

MEATS

1 Pound extra lean ground hamburger

DAIRY

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

Reduced fat feta cheese (2 tablespoons needed)

PACKAGED

Seeded rye bread (6 slices needed)

Dried cranberries (need 1/3 cup chopped)

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

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

1 (25-ounce) jar unsweetened applesauce

Dried mixed berries (1/2 cup needed)

PANTRY

Cocoa

Garlic salt

Butter flavored cooking spray

Allspice

Splenda granular

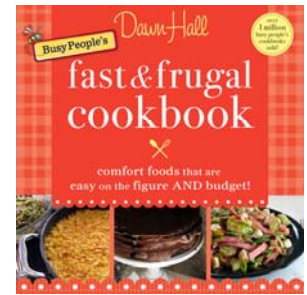
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Little Italy Open Faced Sandwiches (Cookbook Page 138)

Grocery List

PRODUCE

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

MEATS/ POULTRY

1 Pound extra lean ground hamburger

18 Slices turkey pepperoni

DAIRY

Fat-free shredded mozzarella cheese (6 tablespoons needed)

Grated parmesan cheese (6 tablespoons needed)

PACKAGED

French bread (6 slices needed)

Spaghetti sauce (18 tablespoons needed)

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

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

1 (25-ounce) jar unsweetened applesauce

PANTRY

Cocoa

Butter flavored cooking spray

Almond extract

Splenda granular

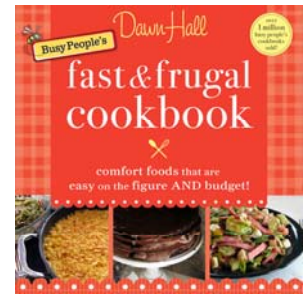
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Spiced Ham Steaks (Cookbook Page 140)

Grocery List

PRODUCE

8-ounces pre-sliced fresh mushrooms

MEATS

8 (2-ounce) slices cooked, lean ham

PACKAGED

Cherry cola (1/2 cup needed)

2 (14.5-ounce) Italian cut green beans

2 (15-ounce) cans sliced potatoes

Whole grain rolls

PANTRY

Splenda brown sugar blend

Allspice

Butter flavored cooking spray

Butter flavored sprinkles

Italian seasoning

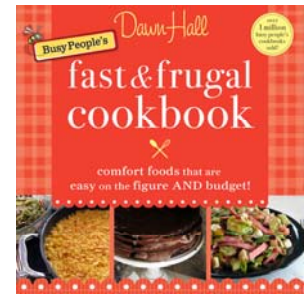
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Chipped Beef Gravy over Toast Points (Cookbook Page 142)

Grocery List

DAIRY

Fat-free skim milk (2 ½ cups needed)

MEAT

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

FROZEN

Fat-free dessert whipped topping (1 cup needed)

PACKAGED

2 (20-ounce) cans crushed pineapple

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

Chopped walnuts (3 tablespoons needed)

1 (8.5-ounce) can sweet peas

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

Light 5 grain bread (9 slices needed)

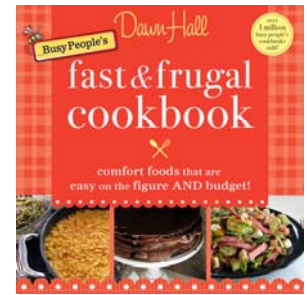
PANTRY

Cornstarch

Ground black pepper

Imitation butter flavored sprinkles (Butter Buds)

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Tuna A La King (Cookbook Page 144)

Grocery List

PRODUCE

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

DAIRY

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

PACKAGED

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

PANTRY

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

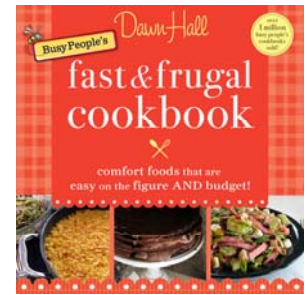
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Savory Pork Sirloin Boneless Chops (Cookbook Page 146)

Grocery List

Produce

3 Bart let pears

Meats

6 extra lean pork sirloin boneless chops (2 pounds)

Packaged

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

2 (14.5-ounce) can green beans-drained

1 (15-ounce) can diced potatoes

Real bacon bits (2 tablespoons needed)

Fat-free Italian Salad dressing (2 tablespoons needed)

Pantry

Ground sage (½ teaspoon needed)

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

Dried parsley flakes (1 teaspoon needed)

Ground cinnamon (¼ teaspoon needed)

Diced pimentos (2 tablespoons needed)

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

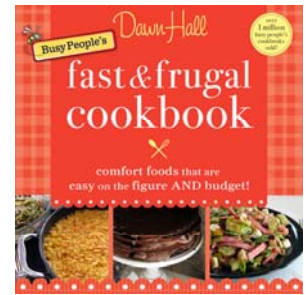
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Cajun Inspired Smoked Pork Chops (Cookbook Page 148)

Grocery List

Produce

1 large head cauliflower

1 (18-ounce) package fresh, sliced mushrooms

Meats

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

Dairy

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

Packaged

1 (25-ounce) jar unsweetened applesauce

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

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

French fried onions (1/4 cup needed)

Pantry

Cajun seasoning (McCormick brand) (1 teaspoon needed)

Chicken flavored bouillon cube (1 needed)

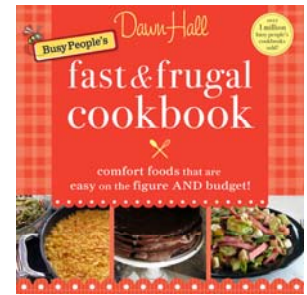
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Sweet and Spicy Pork (Cookbook Page 150)

Grocery List

PRODUCE

2 medium onions

MEAT

2 ½ lbs. of pork loin

PACKAGE

Cajun seasoning (2 teaspoons needed)

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

2 (14.5 oz) cans green beans

2 tablespoons of honey (2 tablespoons needed)

Ground black pepper (1/4 teaspoon needed)

Instant whole grain brown rice OR whole grain brown rice

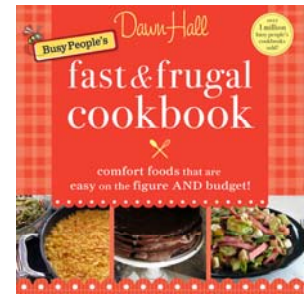
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German Bratwurst with Honey Mustard Potatoes

(Cookbook Page 152)

Grocery List

PRODUCE

3 fresh pears

MEAT

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

DAIRY

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

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

FROZEN

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

PACKAGED

1 (4 ounce) jar of pimientos

1 (14.5 ounce) can of sauerkraut

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

Light balsamic vinaigrette salad dressing (2 teaspoons needed)

PANTRY

Light salt or sea salt

Finely chopped raisins (1/4 cup needed)

Finely chopped pecans (1 tablespoon needed)

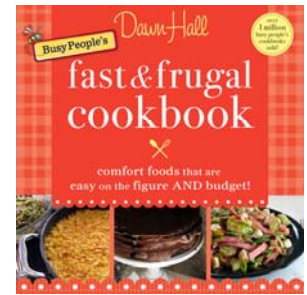
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Tuna Casserole Delight (Cookbook Page 154)

Grocery List

PRODUCE

1 head iceberg lettuce (6 cups chopped)

DAIRY

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

Non-fat plain yogurt (½ cup needed)

Sugar-free French vanilla creamer (¼ cup needed)

PACKAGED

Chicken broth (3 cups needed)

1 (16-ounce) box small shells pasta

1 (8.5-ounce) can peas and carrots

3 (5-ounce) cans tuna

PANTRY

Lemon pepper seasoning salt (1 teaspoon needed)

Dry dill weed (1 teaspoon needed)

Salt (dash needed)

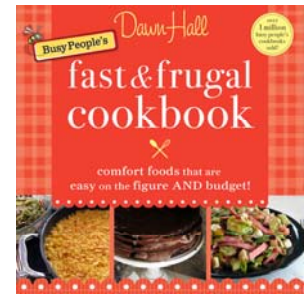
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Sausage and Bean Enchiladas (Cookbook Page 156)

Grocery List

PRODUCE

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

POULTRY

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

DAIRY

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

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

PACKAGED

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

1 (13.5-ounce) fat-free tortillas

1 (10-ounce) can enchilada sauce

Chunky salsa (1 1/2 cups total needed)

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

Non-fat cooking spray

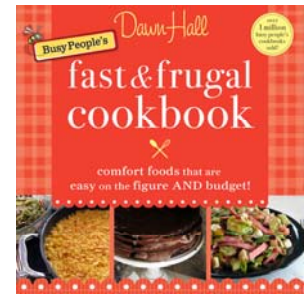
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Chicken and Stuffing Skillet Dinner (Cookbook Page 158)

Grocery List

PRODUCE

Fresh baby carrots (as a side)

3 Stalks celery with leaves

1 (8-ounce) package sliced mushrooms

POULTRY

2 Pounds boneless skinless chicken breast

PACKAGED

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

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

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

1 (25-ounce) jar unsweetened applesauce

PANTRY

Almond extract

Splenda granular

Non-stick cooking spray

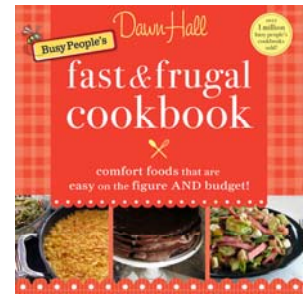
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Beefy Green Beans and Potatoes (Cookbook Page 160)

Grocery List

PRODUCE

Cherry Tomatoes for garnish

PACKAGED

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

Diced pimento (optional)

2 (15-ounce) cans sliced new potatoes

2 (14.5-ounce) cans whole green beans

2 (12-ounce) cans roast beef

Rye bread (1/2 slice per serving needed)

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

PANTRY

Imitation butter flavored sprinkles

McCormick Montreal steak seasoning

Light butter

Butter flavored cooking spray

Minced garlic

Salt and pepper

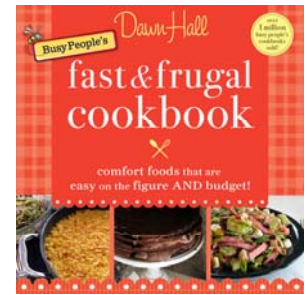
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Pork Stroganoff (Cookbook Page 162)

Grocery List

PRODUCE

1 medium sweet yellow onion

1 (8-ounce) package sliced fresh mushrooms

MEATS

2 lbs. pork loin

DAIRY

Fat-free sour cream (1 cup needed)

Light butter (2 tablespoons needed)

FROZEN

1 package frozen broccoli, cauliflower and carrots blend

PACKAGED

Minced garlic (2 teaspoons needed)

Beef broth (3 cups needed)

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

PANTRY

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

Honey (2 tablespoons needed)

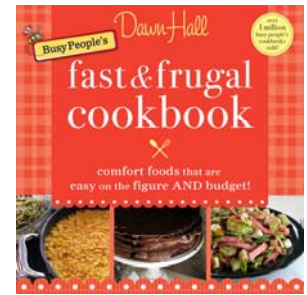
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Turkey Asparagus Casserole in Dill Cream Sauce (Cookbook Page 164)

Grocery List

MEAT

1½ lbs boneless, skinless turkey breast

DAIRY

Fat-free sour cream (1 cup needed)

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

FROZEN

PACKAGED

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

Minced garlic (2 teaspoons needed)

Extra wide egg noodles (4 cups needed)

2 (14.5- ounce) cans asparagus cuts and tips

1 (20-ounce) can crushed pineapple

1(10-ounce) jar maraschino cherries

Miniature marshmallows (2 cups needed)

PANTRY

Dry dill weed (1 teaspoon needed)

Splenda granular (2 tablespoons needed)

Finely chopped pecans (1/4 cup needed)

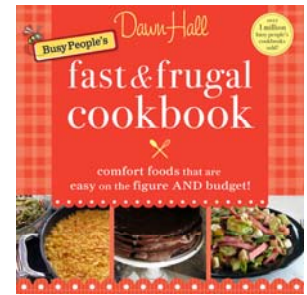
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Beef is Boss Chili Mac (Cookbook Page 166)

Grocery List

PRODUCE

1 head iceberg lettuce (6 cups chopped)

DAIRY

Non-fat plain yogurt (½ cup needed)

Sugar-free French vanilla creamer (¼ cup needed)

PACKAGED

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

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

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

1 (8-ounce) box thin spaghetti

PANTRY

Salt (dash needed)

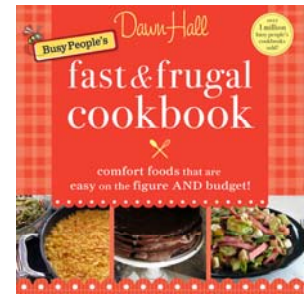
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Italian Mini Meatloaves (Cookbook Page 168)

Grocery List

PRODUCE

8-ounces pre-sliced fresh mushrooms

MEATS/POULTRY/SEAFOOD

2 (19.2-ounce) packages Italian flavored ground turkey

20 slices of turkey pepperoni

DAIRY

2 Eggs

PACKAGED

1 (14.5-ounce) can Italian diced tomatoes

2 cups Italian flavored bread crumbs

1 (14-ounce) jar pizza sauce

2 (14.5-ounce) Italian cut green beans

2 (15-ounce) cans sliced potatoes

PANTRY

Butter flavored sprinkles

Italian seasoning

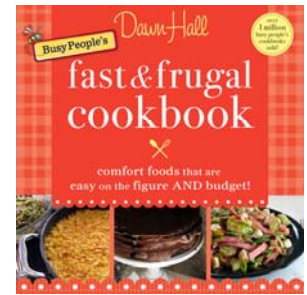
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Onion and Mushroom Smothered Burgers (Cookbook Page 170)

Grocery List

PRODUCE

2 Medium sweet onions

1 (8-ounce) package sliced fresh mushrooms

Cluster of grapes or orange slices as a side

MEATS/SEAFOOD/POULTRY

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

PACKAGED

2 (14.5-ounce) can green beans-drained

1 (15-ounce) can diced potatoes

Fat-free Italian salad dressing

Diced pimentos

PANTRY

Garlic salt

Liquid smoke

Worcestershire sauce

Butter flavored sprinkles

Real bacon bits

Non-fat butter flavored cooking spray

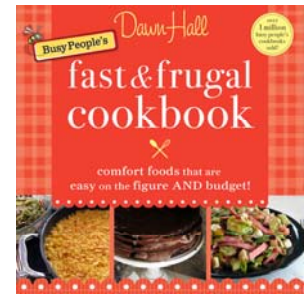
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Penne in Creamy Italian Sauce (Cookbook Page 172)

Grocery List

MEATS/ POULTRY

15 pieces turkey pepperoni

DAIRY

Light butter

100% grated parmesan cheese (1 tablespoon needed)

Fat-free sour cream (1 cup needed)

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

PACKAGED

1 (16-ounce) box penne pasta

1 can pitted ripe olives

1 (14-ounce) jar pizza sauce

1 (14.5-ounce) can Italian diced tomatoes

1 (7.5-ounce) can home-style biscuits

3 (14.5-ounce) cans Italian cut green beans

1 (6.5-ounce) can mushrooms stems and pieces

Italian Salad dressing (1/4 cup needed)

PANTRY

Italian seasoning

Garlic salt

Olive oil cooking spray

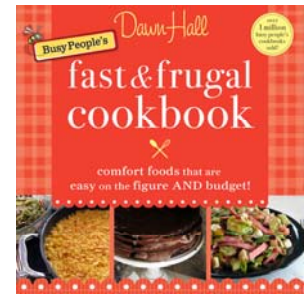
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Beef Gravy over Biscuits (Cookbook Page 174)

Grocery List

PRODUCE

1 Large stalk of celery

Fresh parsley (1/4 cup needed)

MEATS

1 (16-ounce) package extra lean ground beef

DAIRY

Skim milk (3 cups needed)

PACKAGED

1 (7.5-ounce) can home-style biscuits

1 (8.5-ounce) can peas and carrots

Diced pimento (3 tablespoons needed)

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

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

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

Maraschino cherries

PANTRY

McCormick Montreal Steak seasoning

Cornstarch

Ground allspice

Splenda brown sugar blend

Imitation flavored butter buds

Non-stick cooking spray

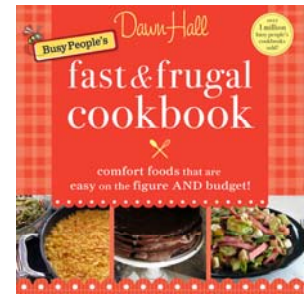
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Pasta Ribbons in Creamy Tomato Sauce (Cookbook Page 176)

Grocery List

DAIRY

4 ounces fat-free cream cheese

Low-fat ricotta cheese (1 cup needed)

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

Fancy shredded parmesan cheese blend (3 tablespoons needed)

PACKAGED

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

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

Diced pimento

Black olives

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

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

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

1 (14.5-ounce) can Italian diced tomatoes GV

PANTRY

Worcestershire

Dried minced onion

Dried Italian seasoning

Minced garlic (from jar is fine)

Garlic salt

Butter-flavored cooking spray

Onion salt

Non-stick cooking spray

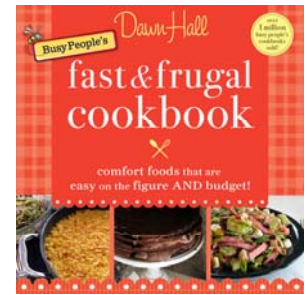
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Linguine with Creamy Sausage, Mushroom and Asparagus Sauce

(Cookbook Page 178)

Grocery List

MEATS/ POULTRY

1 (16-ounce) package lean turkey breakfast sausage

DAIRY

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

PACKAGED

1 (8-ounce) package sliced mushrooms

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

1 (16-ounce) box linguine GV

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

1 (25-ounce) jar unsweetened applesauce

Dried mixed berries (1/2 cup needed)

PANTRY

Dried thyme

Cornstarch

Non-stick cooking spray

Allspice

Splenda granular

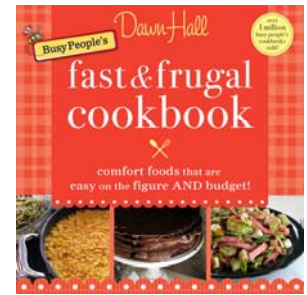
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Sheppard's Pie One Pan Dinner (Cookbook Page 180)

Grocery List

PRODUCE

1 Medium sweet onion

MEATS

2 ¼ Pounds extra lean ground beef

DAIRY

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

PACKAGED

2 (15-ounce) cans of mixed vegetables

1 (0.87-ounce) package brown gravy mix

2 (14.5-ounce) cans diced potatoes

PANTRY

Butter Buds (imitation butter flavored sprinkles)

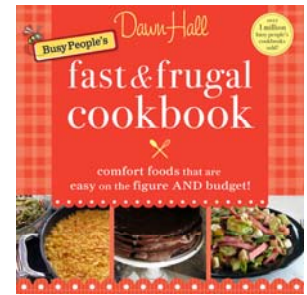
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Cheese is King Macaroni and Cheese (Cookbook Page 182)

Grocery List

MEATS

4 slices 97% fat-free honey ham

DAIRY

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

PACKAGED

3 cups elbow macaroni

24 Three Cheese Flavored Baked Crisp Snacks Crackers

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

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

PANTRY

4 cups chicken broth

Soy sauce

Minced garlic

Ground black pepper

Buttered flavored cooking spray

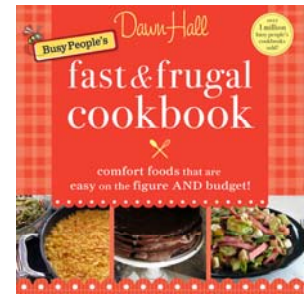
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Mushroom and Onion Beef Stew with Biscuits (Cookbook Page 184)

Grocery List

PRODUCE

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

1 (8-ounce) package fresh sliced mushrooms

PACKAGED

2 (15-ounce) cans sliced new potatoes

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

1 (7-ounce) can home-style biscuits

2 (14.5-ounce) cans sliced carrots

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

PANTRY

Rubbed thyme

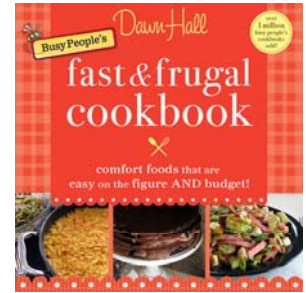
Canadian steak seasoning

Non-stick cooking spray

Light butter

Ground black pepper (optional)

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Beef Stroganoff (Cookbook Page 186)

Grocery List

PRODUCE

1 (8-ounce) package sliced mushrooms

MEATS

½ Pound any cooked left over lean steak or hamburger

DAIRY

Fat-free sour cream (1 cup needed)

PACKAGED

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

3 (14.5-ounce) cans asparagus cuts and tips

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

Pimento (optional)

French bread (optional)

PANTRY

4 cups beef broth made from bouillon plus ½ cup

Minced garlic

Minced onion

Splenda granular

Cornstarch

Salt and pepper

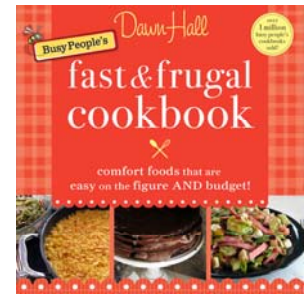
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Beef Pot Pie (Cookbook Page 188)

Grocery List

PRODUCE

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

FROZEN

- 5 Fillo dough sheets

PACKAGED

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

PANTRY

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

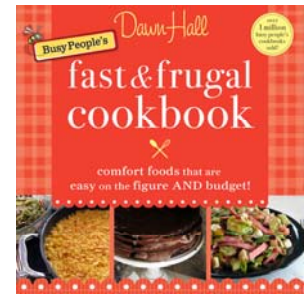
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Oriental Chicken Pot Pie (Cookbook Page 190)

Grocery List

FROZEN

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

PACKAGED

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

PANTRY

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

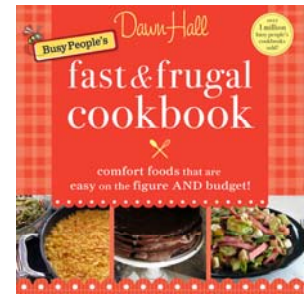
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Wet Pizza Burrito Casserole (Cookbook Page 192)

Grocery List

PRODUCE

Fresh parsley (need 1 cup chopped)

1 Large head of iceberg lettuce

MEATS

62 slices of pepperoni

DAIRY

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

PACKAGED

1 (14.5-ounce) can Italian diced tomatoes

1 (6.5-ounce) can pieces and stems mushrooms

2 (14-ounce) jars pizza sauce

7 fat-free flour tortilla shells

Fat-free Italian salad dressing (1 cup needed)

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

PANTRY

Non-stick cooking spray

Minced garlic

Dried Italian seasoning