



WEEKLY MEAL PLAN #6

SHOPPING LIST

PRODUCE

CHERRY TOMATOES (20 OZ.)
HEAD OF GARLIC
FRESH BASIL
NAPA CABBAGE
CARROTS
CILANTRO
GREEN ONIONS
2 WHITE OR YELLOW ONIONS
1 RED ONION
CELERY
LIME
GREEN PEPPER
ORANGE PEPPER
LETTUCE

PANTRY/CONDIMENTS

ANGEL HAIR PASTA
BOW TIE PASTA
GRATED PARMESAN CHEESE
EXTRA VIRGIN OLIVE OIL
CHICKEN BROTH
STREET TACO SHELLS
CORN TORTILLAS
PEPPERIDGE FARM CUBED STUFFING
DISTILLED WHITE VINEGAR
GRANULATED SLENDA
LIGHT MAYONNAISE
SRIRACHA
FLOUR
TOMATO SAUCE
RANCH SEASONING

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LEAN STEAK
90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

SARGENTO ULTRA THIN PROVOLONE CHEESE
PART-SKIM MOZZARELLA CHEESE, SHREDDED
PARMESAN CHEESE, SHREDDED
REDUCED-FAT CHEDDAR CHEESE
BUTTER
SKIM MILK
PLAIN, FAT-FREE GREEK YOGURT

SEASONINGS

GARLIC POWDER
SALT & PEPPER
MONTREAL STEAK SEASONING
MINCED ONIONS
ITALIAN SEASONING
DRIED OREGANO
DRIED BASIL

FROZEN FOOD

FISH STICKS