



WEEKLY MEAL PLAN #7

SHOPPING LIST

PRODUCE

BABY SPINACH
SUN-DRIED TOMATOES
HEAD OF GARLIC
1 WHITE OR YELLOW ONION
1 RED ONION
CORN (FRESH OR FROZEN)
CARROTS
PARSLEY
RED PEPPER

OPTIONAL FOR THE TACO PIE: LETTUCE AND
TOMATO

PANTRY/CONDIMENTS

TACO SEASONING
BISQUICK HEART SMART
EXTRA VIRGIN OLIVE OIL
FAT FREE CHICKEN BROTH
HEALTHY REQUEST CREAM OF CHICKEN
DIJON MUSTARD
ITALIAN BREAD CRUMBS
ALL PURPOSE FLOUR
EXTRA VIRGIN OLIVE OIL
CAVATAPPI PASTA
GOOD SEASONS ITALIAN DRESSING
DISTILLED WHITE VINEGAR
CORNSTARCH
WORCESTERSHIRE SAUCE

OPTIONAL FOR THE FRIED PORK: SPAGHETTI
NOODLES AND SAUCE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
2 LBS. 95% LEAN GROUND BEEF
1 LB. PORK TENDERLOIN
COOKED HAM, SLICED

DAIRY/REFRIGERATED

PARMESAN CHEESE, SHREDDED
REDUCED-FAT MEXICAN CHEESE
SWISS CHEESE
SKIM MILK

OPTIONAL FOR THE TACO PIE: FAT FREE SOUR
CREAM

SEASONINGS

GARLIC POWDER
SALT & PEPPER
ONION POWDER