



WEEKLY MEAL PLAN #8

SHOPPING LIST

PRODUCE

2 ONIONS (WHITE OR YELLOW)
RED ONION
LETTUCE
PINEAPPLE
CILANTRO
BASIL
SNAP PEAS
SHREDDED CARROTS
RED PEPPER
GARLIC (1 BULB)

PANTRY/CONDIMENTS

CAVATAPPI PASTA
JUMBO PASTA SHELLS
EGG NOODLES
TOMATO SAUCE (16 OZ + 29 OZ)
BEEF BROTH (2 1/2 CUPS)
GRATED PARMESAN CHEESE
ITALIAN BREAD CRUMBS
PLAIN BREAD CRUMBS
OLE XTREME TORTILLAS
KETCHUP
MUSTARD
BROWN SUGAR
CORNSTARCH
PINEAPPLE JUICE
SESAME OIL
RAMEN NOODLES (3 OZ)
PB2 POWDER
WORCESTERSHIRE SAUCE
FAT FREE SALSA
TOSTADA SHELLS

MEAT

3 1/2 LBS. BONELESS, SKINLESS CHICKEN
BREASTS
2 LBS. 90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

PART-SKIM MOZZARELLA CHEESE, SHREDDED
BUTTER
2% MILK
EGGS

SEASONINGS

GARLIC POWDER
SALT & PEPPER
MINCED ONIONS
ITALIAN SEASONING
DRIED OREGANO
DRIED BASIL
CHILI POWDER
CUMIN
PARSLEY

FROZEN FOOD

FROZEN CHOPPED SPINACH