



WEEKLY MEAL PLAN #10

SHOPPING LIST

PRODUCE

PINEAPPLE
RED PEPPER
GREEN PEPPER
YELLOW PEPPER
2 YELLOW OR WHITE ONIONS

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN SOUP
REDUCED-FAT RITZ CRACKERS
ENGLISH MUFFINS
PIZZA SAUCE
OLE XTREME HIGH FIBER TORTILLAS
LITE BALSAMIC VINAIGRETTE DRESSING
BISQUICK HEART SMART
SPAGHETTI NOODLES
SPAGHETTI SAUCE
GRATED PARMESAN CHEESE
MEDIUM TACO SHELLS
TACO SEASONING
8 OZ. TOMATO SAUCE
2 CUPS BEEF BROTH

MEAT

1 LB. BONELESS, SKINLESS CHICKEN BREASTS
95% LEAN GROUND BEEF
99% FAT FREE GROUND TURKEY BREAST
CANADIAN BACON

DAIRY/REFRIGERATED

PART-SKIM MOZZARELLA CHEESE, SHREDDED
REDUCED FAT MEXICAN CHEESE, SHREDDED
FAT FREE SOUR CREAM
SKIM MILK
REDUCED FAT CHEDDAR CHEESE, SHREDDED
EGGS

SEASONINGS

GARLIC POWDER
SALT & PEPPER
DRIED PARSLEY

FROZEN FOOD

FROZEN PEAS AND CARROTS