



WEEKLY MEAL PLAN #11

SHOPPING LIST

PRODUCE

ROMAINE LETTUCE
GARLIC
CARROTS
CELERY
2 ONIONS, YELLOW OR WHITE
1 RED ONION
GINGER
16 OZ. BAG OF COLE SLAW MIX

PANTRY/CONDIMENTS

FAT FREE CHICKEN BROTH (8 1/2 CUPS)
OLE XTREME HIGH FIBER TORTILLAS
LITE CREAMY CAESAR DRESSING
GRATED PARMESAN CHEESE
SELF RISING FLOUR
BBQ SAUCE
LONG GRAIN WHITE RICE
PANKO BREAD CRUMBS
RICE VINEGAR
SUGAR
ALL PURPOSE FLOUR
LIGHT MAYONNAISE
SRIRACHA
SESAME OIL
LOW SODIUM SOY SAUCE
ITALIAN BREAD CRUMBS
LOW FAT SPAGHETTI SAUCE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
96% LEAN GROUND PORK
CENTER CUT BACON
8 SHRIMP

DAIRY/REFRIGERATED

PART-SKIM MOZZARELLA CHEESE, SHREDDED
REDUCED FAT MEXICAN CHEESE, SHREDDED
SKIM MILK
EGGS
FAT-FREE PLAIN GREEK YOGURT
BUTTER
10 OZ. CHEESE TORTELLINI
EGG ROLL WRAPPERS

SEASONINGS

GARLIC POWDER
SALT & PEPPER
ITALIAN SEASONING
SESAME SEEDS