



WEEKLY MEAL PLAN #12

SHOPPING LIST

PRODUCE

4 YELLOW OR WHITE ONIONS
1 RED ONION
BASIL
HEAD OF CABBAGE
ROMAINE LETTUCE
STRAWBERRIES
HEAD OF GARLIC
5 LB. BAG OF POTATOES

PANTRY/CONDIMENTS

2 CANS HEALTHY REQUEST CREAM OF CHICKEN
8 CUPS FAT-FREE CHICKEN BROTH
47 OZ. TOMATO SAUCE
14.5 OZ. PETITE DICED TOMATOES
BOW TIE PASTA
LOW-FAT BALSAMIC VINAIGRETTE DRESSING
DIJON MUSTARD
BISQUICK HEART SMART BAKING MIX
WORCESTERSHIRE SAUCE
CORNSTARCH
GRATED PARMESAN CHEESE

FROZEN FOOD

ORE IDA DICED HASH BOWNS

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 90% LEAN GROUND BEEF
CHEDDAR CHICKEN SAUSAGE LINKS
1 LB. 99% FAT-FREE GROUND TURKEY
CANADIAN BACON

DAIRY/REFRIGERATED

PART-SKIM MOZZARELLA CHEESE, SHREDDED
4 OZ. FETA CHEESE
FAT-FREE HALF AND HALF
SKIM MILK

SEASONINGS

GARLIC POWDER
SALT & PEPPER
ITALIAN SEASONING
POULTRY SEASONING
PARSLEY
CHILI POWDER
CUMIN
OREGANO
PAPRIKA
CAYENNE PEPPER
MINCED ONION
BASIL