



WEEKLY MEAL PLAN #15

SHOPPING LIST

PRODUCE

GARLIC
GINGER
3 YELLOW OR WHITE ONIONS
GREEN PEPPER
2 RED PEPPERS
YELLOW PEPPER
SMALL POTATO
1/4 LB. GREEN BEANS
CHIVES
LIME

PANTRY/CONDIMENTS

2 CUPS BEEF BROTH
REDUCED SODIUM SOY SAUCE
CORNSTARCH
EXTRA VIRGIN OLIVE OIL
FAT FREE CHICKEN BROTH
WHITE BEANS
DICED GREEN CHILIES
ITALIAN BREADCRUMBS
WORCESTERSHIRE SAUCE
DIJON MUSTARD
PANKO BREADCRUMBS
8 OZ. CRAB MEAT
SELF RISING FLOUR
ARTICHOKES
GRATED PARMESAN CHEESE

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
95% LEAN GROUND BEEF
CHEDDAR CHICKEN SAUSAGE

DAIRY/REFRIGERATED

EGGS
SKIM MILK
FAT FREE PLAIN GREEK YOGURT
REDUCED FAT CREAM CHEESE
PART-SKIM MOZZARELLA CHEESE, SHREDDED

SEASONINGS

GARLIC POWDER
SALT & PEPPER
CUMIN
OREGANO
CHILI POWDER
OLD BAY SEASONING

FROZEN FOOD

FROZEN CHOPPED SPINACH