



# WEEKLY MEAL PLAN #16

## SHOPPING LIST

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### PRODUCE

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GARLIC  
BABY SPINACH (3 CUPS)  
3 YELLOW OR WHITE ONIONS  
LEMON  
2 GREEN PEPPERS  
YELLOW PEPPER  
RED PEPPER  
CILANTRO  
RED ONION

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### PANTRY/CONDIMENTS

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45 OZ. TOMATO SAUCE  
16 OZ. RIGATONI NOODLES  
CHICKEN BROTH (1 1/2 CUPS)  
GRATED PARMESAN CHEESE  
CORN TORTILLAS  
XTREME OLE HIGH FIBER TORTILLAS  
CORNSTARCH

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
5 OZ. LEAN STEAK  
12 OZ. TURKEY SAUSAGE  
TURKEY PEPPERONI

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### DAIRY/REFRIGERATED

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EGGS  
SKIM MILK  
REDUCED FAT CREAM CHEESE  
PART-SKIM MOZZARELLA CHEESE, SHREDDED  
6 OZ. BISCUITS  
BUTTER  
ULTRA THIN PROVOLONE SLICES  
REDUCED-FAT CHEDDAR CHEESE

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### SEASONINGS

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GARLIC POWDER  
SALT & PEPPER  
DRIED MINCED ONION  
ITALIAN SEASONING  
OREGANO  
BASIL  
PAPRIKA  
CHILI POWDER  
CUMIN  
MONTREAL STEAK SEASONING