



# WEEKLY MEAL PLAN #17

## SHOPPING LIST

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### PRODUCE

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GARLIC  
BABY SPINACH (1 CUP)  
1 WHITE OR YELLOW ONION  
8 OZ. WHITE MUSHROOMS  
PARSLEY  
CILANTRO  
RED ONION  
LETTUCE  
2 CUCUMBERS  
GREEN ONION  
CHERRY TOMATOES  
RED PEPPER  
CARROTS  
SUN DRIED TOMATOES

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### PANTRY/CONDIMENTS

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ALL PURPOSE FLOUR  
3 CUPS BEEF BROTH  
WORCESTERSHIRE SAUCE  
MUSTARD  
16 OZ. TOMATO SAUCE  
GRATED PARMESAN CHEESE  
ITALIAN BREADCRUMBS  
TOSTADA SHELLS  
SUGAR FREE BBQ SAUCE  
LIGHT MAYONNAISE  
EGG NOODLES  
CAVATAPPI PASTA  
EXTRA VIRGIN OLIVE OIL  
FAT FREE CHICKEN BROTH  
CORNSTARCH

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
95% LEAN GROUND BEEF  
CENTER CUT BACON  
TURKEY LUNCH MEAT

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### DAIRY/REFRIGERATED

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EGGS  
SKIM MILK  
PART-SKIM MOZZARELLA CHEESE, SHREDDED  
REDUCED-FAT CHEDDAR CHEESE  
FAT FREE SOUR CREAM  
HUMMUS  
FAT FREE 1/2 AND 1/2  
PARMESAN CHEESE, SHREDDED

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### SEASONINGS

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GARLIC POWDER  
SALT & PEPPER  
DRIED MINCED ONION  
ITALIAN SEASONING  
OREGANO  
BASIL  
PAPRIKA  
DILL  
CHIVES  
PARSLEY