



WEEKLY MEAL PLAN #19

SHOPPING LIST

PRODUCE

GARLIC
GINGER
1 BAKING POTATO
CHIVES
1 WHITE OR YELLOW ONION
2 RED ONIONS
LETTUCE
PINEAPPLE
CILANTRO
BASIL
LIME
RED PEPPER

PANTRY/CONDIMENTS

2 CANS HEALTHY REQUEST CREAM OF CHICKEN
WORCESTERSHIRE SAUCE
SARA LEE 45 CALORIE BREAD (OR OTHER 1 POINT
BREAD)
PINEAPPLE JUICE
LOW SODIUM SOY SAUCE
KETCHUP
BROWN SUGAR
CORNSTARCH
OLE XTREME TORTILLAS
REDUCED FAT RITZ CRACKERS
GRATED PARMESAN CHEESE
ITALIAN BREAD CRUMBS
29 OZ. TOMATO SAUCE
JUMBO PASTA SHELLS
BLACK BEANS

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 90% LEAN GROUND BEEF
GROUND SIRLOIN
1 LB. BONELESS, THIN PORK CHOPS

DAIRY/REFRIGERATED

EGGS
SKIM MILK
PART-SKIM MOZZARELLA CHEESE, SHREDDED
I CAN'T BELIEVE IT'S NOT BUTTER, SPRAY
SARGENTO ULTRA THIN MILD CHEDDAR SLICES
FAT FREE SOUR CREAM
REDUCED-FAT MEXICAN CHEESE

SEASONINGS

GARLIC POWDER
ONION POWDER
SALT & PEPPER
CUMIN
OREGANO
PARSLEY
MINCED ONION
ITALIAN SEASONING
BASIL

FROZEN FOOD

FROZEN PEAS & CARROTS
FROZEN CAULIFLOWER RICE