



WEEKLY MEAL PLAN #20

SHOPPING LIST

PRODUCE

GARLIC
PARSLEY
CILANTRO
1 WHITE OR YELLOW ONION
BROCCOLI
LIME

PANTRY/CONDIMENTS

EXTRA VIRGIN OLIVE OIL
WHITE WINE VINEGAR
ALL PURPOSE FLOUR
BISQUICK HEART SMART
ORZO
2 1/2 CUPS FAT FREE CHICKEN BROTH
SOY SAUCE (REDUCED SODIUM)
PB2 POWDERED PEANUT BUTTER
RICE VINEGAR
GRANULATED SLENDA
SPAGHETTI
SPAGHETTI SAUCE
GRATED PARMESAN CHEESE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 95% LEAN GROUND BEEF
1 LB. PORK TENDERLOIN

DAIRY/REFRIGERATED

EGGS
SKIM MILK
PART-SKIM MOZZARELLA CHEESE, SHREDDED
IBUTTER
REDUCED-FAT CHEDDAR CHEESE, SHREDDED

SEASONINGS

GARLIC POWDER
ONION POWDER
SALT & PEPPER
OREGANO
RED PEPPER FLAKES (OPTIONAL)