



# WEEKLY MEAL PLAN #22

## SHOPPING LIST

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### PRODUCE

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GARLIC  
GINGER  
SCALLIONS  
ROMAINE LETTUCE  
STRAWBERRIES  
RED ONION  
BASIL  
3 WHITE OR YELLOW ONIONS  
16 OZ. BAG OF SHREDDED COLESLAW  
CARROTS  
CELERY

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### PANTRY/CONDIMENTS

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ITALIAN BREAD CRUMBS  
PACKET OF CHICKEN GRAVY  
DIJON MUSTARD  
LOW FAT BALSAMIC VINAIGRETTE DRESSING  
SESAME OIL  
SRIRACHA  
REDUCED SODIUM SOY SAUCE  
SUGAR FREE MAPLE SYRUP  
CORNSTARCH  
FAT FREE CHICKEN BROTH (8 CUPS + 14 OZ.)  
GRATED PARMESAN CHEESE  
PEPPERIDGE FARM CUBED STUFFING  
ALL PURPOSE FLOUR

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### MEAT

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2 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
1 LB. 96% LEAN GROUND PORK  
1/2 LB. CHICKEN TENDERS  
1 LB. LEAN STEAK

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### DAIRY/REFRIGERATED

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EGGS  
SKIM MILK  
FAT FREE SOUR CREAM  
REDUCED-FAT MEXICAN CHEESE  
REDUCED-FAT FETA CHEESE (4 OZ)  
EGG ROLL WRAPPERS  
CHEESE TORTELLINI  
REDUCED-FAT CHEDDAR CHEESE

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### SEASONINGS

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GARLIC POWDER  
SALT & PEPPER  
ITALIAN SEASONING  
SESAME SEEDS

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### FROZEN FOOD

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FROZEN CRINKLE CUT FRIES