



WEEKLY MEAL PLAN #24

SHOPPING LIST

PRODUCE

GARLIC
1 WHITE OR YELLOW ONION
GREEN PEPPER
LIME
RED CABBAGE
CILANTRO
LETTUCE
CUCUMBER
GREEN ONIONS
CHERRY TOMATOES

PANTRY/CONDIMENTS

ITALIAN BREAD CRUMBS
DICED TOMATOES
30 OZ. TOMATO SAUCE
WORCESTERSHIRE SAUCE
ELBOW MACARONI NOODLES
CAVATAPPI PASTA
LIGHT MAYONNAISE
CHIPOTLE PEPPERS IN ADOBO SAUCE
CORN TORTILLAS
GRATED PARMESAN
LOW-FAT SPAGHETTI SAUCE

MEAT

2 ROTISSERIE CHICKENS (COOKED)
FAT FREE GROUND TURKEY
1 LB. COD (OR OTHER WHITE FISH)
1 LB. PORK TENDERLOIN
CENTER CUT BACON

DAIRY/REFRIGERATED

EGGS
SKIM MILK
FAT FREE SOUR CREAM
PART-SKIM MOZZARELLA CHEESE, SHREDDED
REDUCED-FAT CHEDDAR CHEESE
BUTTER

SEASONINGS

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

FROZEN FOOD

FROZEN CHOPPED SPINACH