



WEEKLY MEAL PLAN #25

SHOPPING LIST

PRODUCE

GARLIC
CHERRY TOMATOES
BASIL
CHIVES
GINGER

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN SOUP
ANGEL HAIR PASTA
MEDIUM SIZE SHELLS
EXTRA VIRGIN OLIVE OIL
1/2 CUP CHICKEN BROTH
TACO SEASONING
TOMATO SAUCE
2 CUPS CHICKEN BROTH
CAN OF BEER OR CHICKEN BROTH
8 OZ. CRAB MEAT
WORCESTERSHIRE SAUCE
DIJON MUSTARD
PANKO BREADCRUMBS
REDUCED SODIUM SOY SAUCE
RICE VINEGAR
BROWN SUGAR
CORNSTARCH

MEAT

1 ROTISSERIE CHICKEN (COOKED)
1 LB. FAT FREE GROUND TURKEY
1 LB. PORK TENDERLOIN
1 LB. BONELESS, SKINLESS CHICKEN BREAST

DAIRY/REFRIGERATED

EGGS
FAT FREE SOUR CREAM
REDUCED-FAT MEXICAN CHEESE, SHREDDED
SHREDDED PARMESAN CHEESE
FAT-FREE PLAIN GREEK YOGURT

SEASONINGS

GARLIC POWDER
SALT & PEPPER
ONION POWDER
PARSLEY
PAPRIKA
DRY MUSTARD
OLD BAY SEASONING

FROZEN FOOD

FROZEN RICED CAULIFLOWER
TATER TOTS