



WEEKLY MEAL PLAN #26

SHOPPING LIST

PRODUCE

GARLIC
3 LIMES
2 ORANGES
CILANTRO
RED PEPPER
RED ONION
2 YELLOW OR WHITE ONIONS
CABBAGE
BABY SPINACH

PANTRY/CONDIMENTS

LINGUINE NOODLES
RIGATONI NOODLES
CHICKEN BROTH
BLACK BEANS
TOMATO SAUCE
GRATED PARMESAN CHEESE
FLATOUT LIGHT FLATBREAD
VLASIC STACKERS, KOSHER DILL
MUSTARD
PLAIN BREADCRUMBS
BEEF BROTH
CORNSTARCH
WORCESTERSHIRE SAUCE

MEAT

1 LB. UNCOOKED SHRIMP
CHEDDAR CHICKEN SAUSAGE
1 LB. PORK TENDERLOIN
1 LB. BONELESS, SKINLESS CHICKEN BREAST
1 LB. 90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

EGGS
FAT FREE SOUR CREAM
BUTTER
PARMESAN CHEESE, SHREDDED
REDUCED-FAT CREAM CHEESE
REDUCED-FAT SWISS CHEESE
2% MILK

SEASONINGS

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

FROZEN FOOD

RICED CAULIFLOWER
DICED HASH BROWNS