



# WEEKLY MEAL PLAN #27

## SHOPPING LIST

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### PRODUCE

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GARLIC  
4 YELLOW OR WHITE ONIONS  
RED ONION  
6 BAKING POTATOES  
CILANTRO  
WHITE MUSHROOMS  
PARSLEY  
GINGER  
RED PEPPER  
GREEN PEPPER

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### PANTRY/CONDIMENTS

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HEALTHY REQUEST CREAM OF CHICKEN  
14 1/2 OZ. PETITE DICED TOMATOES  
14 1/2 OZ. TOMATO SAUCE  
WORCESTERSHIRE SAUCE  
TOSTADA SHELLS  
SUGAR FREE BBQ SAUCE  
BISQUICK HEART SMART  
FLOUR  
3 CUPS BEEF BROTH  
MUSTARD  
EGG NOODLES  
2 CUPS BEEF BROTH  
REDUCED SODIUM SOY SAUCE

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### MEAT

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1 COOKED ROTISSERIE CHICKEN  
1 LB. BONELESS, SKINLESS CHICKEN BREAST  
2 LBS. 95% LEAN GROUND BEEF  
2 LBS. 99% FAT-FREE GROUND TURKEY

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### DAIRY/REFRIGERATED

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EGGS  
FAT FREE SOUR CREAM  
REDUCED-FAT MEXICAN CHEESE, SHREDDED  
5 JUMBO JUNIOR BISCUITS  
PART-SKIM MOZZARELLA CHEESE, SHREDDED  
REDUCED-FAT CHEDDAR CHEESE  
SKIM MILK

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### SEASONINGS

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GARLIC POWDER  
SALT & PEPPER  
CHILI POWDER  
CUMIN  
OREGANO  
PAPRIKA  
CAYENNE PEPPER

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### FROZEN FOOD

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MIXED VEGETABLES