



# WEEKLY MEAL PLAN #29

## SHOPPING LIST

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### PRODUCE

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GARLIC  
2 YELLOW OR WHITE ONIONS  
RED ONION  
RED PEPPER  
GREEN PEPPER  
2 CUPS BABY SPINACH  
CILANTRO

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### PANTRY/CONDIMENTS

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38 OZ. TOMATO SAUCE  
8 OZ. PENNE PASTA  
16 OZ. GNOCCHI  
1 CUP FAT FREE CHICKEN BROTH  
6 CUPS BEEF BROTH  
WORCESTERSHIRE SAUCE  
INSTANT RICE  
CORNSTARCH  
TACO SEASONING  
8 OZ. MEDIUM SHELLS  
ITALIAN BREAD CRUMBS  
XTREME OLE HIGH FIBER TORTILLAS

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### MEAT

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

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### DAIRY/REFRIGERATED

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PARMESAN CHEESE, SHREDDED  
PART-SKIM MOZZARELLA CHEESE, SHREDDED  
FAT-FREE HALF AND HALF  
REDUCED-FAT MEXICAN CHEESE, SHREDDED  
EGGS  
SKIM MILK  
REDUCED-FAT CHEDDAR CHEESE, SHREDDED

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### SEASONINGS

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GARLIC POWDER  
SALT & PEPPER  
DRIED MINCED ONION  
ITALIAN SEASONING  
OREGANO  
BASIL