



# WEEKLY MEAL PLAN #30

## SHOPPING LIST

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### PRODUCE

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GARLIC  
3 YELLOW OR WHITE ONIONS  
GREEN PEPPER  
GINGER  
16 OZ. COLESLAW MIX  
BASIL

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### PANTRY/CONDIMENTS

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42 1/2 OZ. TOMATO SAUCE  
14 1/2 OZ. DICED TOMATOES  
2 CANS HEALTHY REQUEST CREAM OF CHICKEN  
CHICKEN BROTH (2 CUPS)  
BISQUICK HEART SMART  
WORCESTERSHIRE SAUCE  
ELBOW MACARONI  
BOW TIE PASTA  
TURKEY PEPPERONI  
SESAME OIL  
SRIRACHA  
LOW SODIUM SOY SAUCE  
CORNSTARCH  
GRATED PARMESAN

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### MEAT

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2 LBS. BONELESS, SKINLESS CHICKEN BREAST  
1 LB 90% LEAN GROUND BEEF  
1 LB. FAT FREE GROUND TURKEY  
12 OZ. TURKEY SAUSAGE  
1 LB. 96% LEAN GROUND PORK

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### DAIRY/REFRIGERATED

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PART-SKIM MOZZARELLA CHEESE, SHREDED  
SKIM MILK  
6 OZ. JUMBO BISCUITS  
EGG ROLL WRAPPERS  
BUTTER  
FAT-FREE HALF AND HALF

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### SEASONINGS

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GARLIC POWDER  
SALT & PEPPER  
DRIED MINCED ONION  
ITALIAN SEASONING  
OREGANO  
BASIL  
PARSLEY  
POULTRY SEASONING  
PAPRIKA  
TOASTED SESAME SEEDS  
CHILI POWDER  
ONION POWDER  
CAYENNE PEPPER