



WEEKLY MEAL PLAN #31

SHOPPING LIST

PRODUCE

GARLIC
GINGER
BABY SPINACH
RED PEPPER
SHREDDED CARROTS
RED ONION
PARSLEY
10 OZ. CHERRY TOMATOES
BASIL

PANTRY/CONDIMENTS

8 OZ. LINGUINE NOODLES
FAT FREE CHICKEN BROTH
REDUCED SODIUM SOY SAUCE
RICE VINEGAR
BROWN SUGAR
CORNSTARCH
ITALIAN BREADCRUMBS
GRATED PARMESAN
LOW POINT SPAGHETTI SAUCE
EXTRA VIRGIN OLIVE OIL
SUN DRIED TOMATOES
CAVATAPPI PASTA
GOOD SEASONS ITALIAN DRESSING
ANGEL HAIR PASTA

MEAT

2 COOKED ROTISSERIE CHICKENS
2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. UNCOOKED SHRIMP

DAIRY/REFRIGERATED

EGGS
BUTTER
PARMESAN CHEESE, SHREDDED
PART SKIM MOZZARELLA CHEESE, SHREDDED
FAT FREE HALF AND HALF
SKIM MILK

SEASONINGS

GARLIC POWDER
SALT & PEPPER
PAPRIKA

FROZEN FOOD

FROZEN CORN