



WEEKLY MEAL PLAN #34

SHOPPING LIST

PRODUCE

GARLIC
3 WHITE OR YELLOW ONIONS
1 GREEN PEPPER
1 RED PEPPER
2 CUPS BABY SPINACH

PANTRY/CONDIMENTS

4 CUPS BEEF BROTH
TOMATO SAUCE
WORCESTERSHIRE SAUCE
INSTANT RICE
HEALTHY REQUEST CREAM OF CHICKEN SOUP
16 OZ. GNOCCHI
1 CUP FAT FREE CHICKEN BROTH
CORNSTARCH
GRATED PARMESAN CHEESE
BISQUICK HEART SMART
SPAGHETTI NOODLES
SPAGHETTI SAUCE

MEAT

1 LB. FAT FREE GROUND TURKEY BREAST
1 WHOLE CHICKEN (UNCOOKED)
2 COOKED ROTISSERIE CHICKENS
1 LB. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

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

SEASONINGS

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

FROZEN FOOD

ASSORTED VEGETABLES