



# WEEKLY MEAL PLAN #35

## SHOPPING LIST

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### PRODUCE

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GARLIC  
GREEN PEPPER  
4 YELLOW OR WHITE ONIONS  
CELERY  
LIME

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### PANTRY/CONDIMENTS

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HEALTHY REQUEST CREAM OF CHICKEN SOUP  
2 CANS CAMPBELLS FRENCH ONION SOUP  
2 CUPS BEEF BROTH  
WORCESTERSHIRE SAUCE  
1 POINT BREAD  
BREAD/ROLLS FOR THE FRENCH DIP  
CAVATAPPI NOODLES  
ELBOW MACARONI NOODLES  
31 OZ. TOMATO SAUCE  
14 1/2 OZ. DICED TOMATOES  
5 OZ. WHITE TUNA IN WATER  
LIGHT MAYONNAISE  
EXTRA VIRGIN OLIVE OIL  
32 OZ. FAT FREE CHICKEN BROTH  
15 OZ. WHITE BEANS  
4 OZ. DICED GREEN CHILIES  
CORNSTARCH

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREAST  
BEEF ROUND ROAST  
1 LB. FAT FREE GROUND TURKEY BREAST

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### DAIRY/REFRIGERATED

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1 CAN'T BELIEVE IT'S NOT BUTTER SPRAY  
SARGENTO ULTRA THIN CHEDDAR SLICES  
FAT FREE SOUR CREAM  
PART-SKIM MOZZARELLA CHEESE, SHREDDED  
REDUCED-FAT MEXICAN CHEESE, SHREDDED  
5 BISCUITS

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### SEASONINGS

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

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### FROZEN FOOD

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ASSORTED FROZEN VEGETABLES  
FROZEN CHOPPED SPINACH