



WEEKLY MEAL PLAN #37

SHOPPING LIST

PRODUCE

GARLIC
3 YELLOW OR WHITE ONIONS
GREEN PEPPER
ARUGULA
LEMON

PANTRY/CONDIMENTS

JUMBO SHELLS
PENNE PASTA
HEALTHY REQUEST CREAM OF CHICKEN SOUP
1 POINT BREAD (I USED SARA LEE 45 CALORIE
MULTI-GRAIN BREAD)
CRANBERRY SAUCE
ITALIAN BREADCRUMBS
WORCESTERSHIRE SAUCE
1 CUP FAT-FREE CHICKEN BROTH
CORNSTARCH
LIGHT ALFREDO SAUCE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. 95% LEAN GROUND BEEF
CENTER CUT BACON
1 LB. PORK TENDERLOIN
COOKED TURKEY (LEFTOVER FROM
THANKSGIVING)

DAIRY/REFRIGERATED

PART-SKIM MOZZARELLA CHEESE, SHREDDED
SKIM MILK
1% LOW FAT COTTAGE CHEESE
LOW FAT CHEDDAR CHEESE, SHREDDED
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY
SARGENTO ULTRA THIN SWISS CHEESE SLICES
EGGS
BUTTER

SEASONINGS

GARLIC POWDER
SALT & PEPPER
OREGANO
PAPRIKA
PARSLEY
SEASONING SALT
BASIL