



WEEKLY MEAL PLAN #38

SHOPPING LIST

PRODUCE

GARLIC
LIME
CILANTRO
RED PEPPER
RED ONION
2 YELLOW OR WHITE ONIONS
GREEN PEPPER
8 OZ. WHITE MUSHROOMS
PARSLEY

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN SOUP
2 (.87 OZ) PACKETS OF GRAVY
1 CUP CHICKEN BROTH
BLACK BEANS
CORN TORTILLAS
15 OZ. TOMATO SAUCE
TURKEY PEPPERONI
ALL PURPOSE FLOUR
3 CUPS BEEF BROTH
WORCESTERSHIRE SAUCE
MUSTARD
EGG NOODLES
EXTRA VIRGIN OLIVE OIL

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREAST
5 OZ. LEAN STEAK
12 OZ. TURKEY SAUSAGE
12 OZ. 95% LEAN GROUND BEEF
1 LB. PORK TENDERLOIN

DAIRY/REFRIGERATED

FAT FREE SOUR CREAM
SARGENTO ULTRA THIN PROVALONE CHEESE
6 OZ. JUMBO JUNIOR BISCUITS
8 OZ. PART SKIM MOZZARELLA CHEESE

SEASONINGS

GARLIC POWDER	BASIL
SALT & PEPPER	ONION POWDER
CUMIN	MONTREAL STEAK-
DRIED MINCED ONION	SEASONING
ITALIAN SEASONING	
OREGANO	

FROZEN FOOD

CAULIFLOWER RICE