



WEEKLY MEAL PLAN #39

SHOPPING LIST

PRODUCE

GARLIC
GINGER
3 CUPS CABBAGE WITH CARROTS
CILANTRO
2 LIMES
1 YELLOW OR WHITE ONION
2 RED ONIONS
PARSLEY
LETTUCE
CHERRY TOMATOES
ORANGE PEPPER
BASIL

PANTRY/CONDIMENTS

REDUCED SODIUM SOY SAUCE
BROWN RICE
PB2 POWDER
RICE VINEGAR
GRANULATED SPLENDA
14.5 OZ. DICED TOMATOES
47.5 OZ. TOMATO SAUCE
TACO SEASONING
4 CUPS FAT-FREE CHICKEN BROTH
CORN
BLACK BEANS
LINGUINE NOODLES
RANCH SEASONING
GRATED PARMESAN CHEESE
BOW TIE PASTA
SELF-RISING FLOUR
BBQ SAUCE

MEAT

3 1/2 LBS. BONELESS, SKINLESS CHICKEN
BREAST
1 LB. 90% LEAN GROUND BEEF
CENTER CUT BACON

DAIRY/REFRIGERATED

PART-SKIM MOZZARELLA CHEESE, SHREDDED
SHREDDED PARMESAN CHEESE
FAT-FREE GREEK YOGURT
BUTTER

SEASONINGS

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