



WEEKLY MEAL PLAN #41

SHOPPING LIST

PRODUCE

GARLIC
1 YELLOW OR WHITE ONION
GINGER
CARROTS
CELERY
CUCUMBER
AVOCADO
2 ORANGES
2 LIMES

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN SOUP
EXTRA VIRGIN OLIVE OIL
9 CUPS CHICKEN BROTH
REDUCED SODIUM SOY SAUCE
LONG GRAIN WHITE RICE
RICE VINEGAR
SUGAR
ALL PURPOSE FLOUR
PANKO BREADCRUMBS
LIGHT MAYONNAISE
SRIRACHA
GLATOUT LIGHT FLATBREAD
VLASSIC STACKERS
MUSTARD

MEAT

1 LB. PORK TENDERLOIN
UNCOOKED SHRIMP
BOARS HEAD HONEY GLAZED HAM
2 LBS. BONELESS, SKINLESS CHICKEN BREASTS

DAIRY/REFRIGERATED

EGGS
BUTTER
SKIM MILK
GRATED PARMESAN CHEESE
10 OX. CHEESE TORTELLINI
REDUCED FAT SWISS CHEESE
FAT FREE SOUR CREAM
REDUCED FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

GARLIC POWDER	PARSLEY
SALT & PEPPER	ONION POWDER
ITALIAN SEASONING	OREGANO
PARSLEY	CUMIN

FROZEN FOOD

FROZEN PEAS AND CARROTS
RICED CAULIFLOWER