



# WEEKLY MEAL PLAN #42

## SHOPPING LIST

---

### PRODUCE

---

GARLIC  
2 YELLOW OR WHITE ONIONS  
LETTUCE  
CABBAGE  
CHIVES  
POTATO

---

### PANTRY/CONDIMENTS

---

3 CANS OF HEALTHY REQUEST CREAM OF CHICKEN SOUP  
TOSTADA SHELLS  
RANCH DIP SEASONING  
SPAGHETTI NOODLES  
SPAGHETTI SAUCE  
GRATED PARMESAN CHEESE  
8 OZ. CRAB MEAT  
WORCESTERSHIRE SAUCE  
DIJON MUSTARD  
PANKO BREADCRUMBS  
2 CUPS FAT FREE CHICKEN BROTH  
BISQUICK HEART SMART

---

### MEAT

---

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
CENTER CUT BACON  
CHEDDAR CHICKEN SAUSAGE  
1 LB. THIN CUT PORK CHOPS

---

### DAIRY/REFRIGERATED

---

REDUCED FAT CHEDDAR CHEESE, SHREDDED  
PART-SKIM MOZZARELLA CHEESE, SHREDDED  
FAT FREE SOUR CREAM  
EGGS  
FAT FREE GREEK YOGURT  
SKIM MILK

---

### SEASONINGS

---

GARLIC POWDER  
SALT & PEPPER  
OLD BAY SEASONING  
ONION POWDER  
POULTRY SEASONING  
PARSLEY

---

### FROZEN FOOD

---

ORE IDA DICED HASH BROWNS