



# WEEKLY MEAL PLAN #43

## SHOPPING LIST

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### PRODUCE

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GARLIC  
2 WHITE OR YELLOW ONIONS  
6 SMALL POTATOES  
BABY SPINACH  
10 OZ. CHERRY TOMATOES  
BASIL  
GREEN PEPPER

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### PANTRY/CONDIMENTS

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HEALTHY REQUEST CREAM OF CHICKEN SOUP  
14 1/2 OZ. DICED TOMATOES  
30 OZ. TOMATO SAUCE  
WORCESTERSHIRE SAUCE  
16 OZ. GNOCCHI  
2 CUPS FAT FREE CHICKEN BROTH  
CORNSTARCH  
REDUCED-FAT RITZ  
ANGEL HAIR PASTA  
EXTRA VIRGIN OLIVE OIL  
MINI BAGELS  
CAVATAPPI PASTA

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### MEAT

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99% FAT FREE GROUND TURKEY BREAST  
1 COOKED ROTISSERIE CHICKEN  
2 LB. BONELESS, SKINLESS CHICKEN BREAST  
BOAR'S HEAD ROAST BEEF

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### DAIRY/REFRIGERATED

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FAT FREE SOUR CREAM  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
FAT FREE HALF AND HALF  
SHREDDED PARMESAN  
PART SKIM MOZZARELLA CHEESE

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### SEASONINGS

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GARLIC POWDER	PAPRIKA
SALT & PEPPER	CAYENNE
CUMIN	MINCED ONION
OREGANO	ONION POWDER
CHILI POWDER	PARSLEY
ITALIAN SEASONING	BASIL

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### FROZEN FOOD

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CHOPPED SPINACH