



WEEKLY MEAL PLAN #44

SHOPPING LIST

PRODUCE

GARLIC
3 WHITE OR YELLOW ONIONS
1 RED ONION
3 CUPS BABY SPINACH
CILANTRO
CELERY
LIME

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN SOUP
RIGATONI PASTA
30 OZ. TOMATO SAUCE
36 OZ. FAT FREE CHICKEN BROTH
2 1/2 CUPS FAT FREE BEEF BROTH
GRATED PARMESAN CHEESE
TOSTADA SHELLS
SUGAR FREE BBQ SAUCE
5 OZ. WHITE TUNA IN WATER
LIGHT MAYONNAISE
1 POINT BREAD (I USE SARA LEE)
EXTRA VIRGIN OLIVE OIL
15 OZ. WHITE BEANS
4 OZ. DICED GREEN CHILIES
CORNSTARCH
PLAIN BREADCRUMBS
WORCESTERSHIRE SAUCE
MUSTARD
EGG NOODLES (OPTIONAL)

MEAT

90% LEAN GROUND BEEF
1 COOKED ROTISSERIE CHICKEN
2 LB. BONELESS, SKINLESS CHICKEN BREAST

DAIRY/REFRIGERATED

FAT FREE SOUR CREAM
REDUCED FAT MEXICAN CHEESE, SHREDDED
PART SKIM MOZZARELLA CHEESE
REDUCED FAT CREAM CHEESE
5 BISCUITS
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY
SARGENTO ULTRA THIN CHEDDAR
2% MILK
EGG
BUTTER

SEASONINGS

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

FROZEN FOOD

ASSORTED VEGETABLES - CARROTS PEAS AND CORN