



WEEKLY MEAL PLAN #45

SHOPPING LIST

PRODUCE

GARLIC
3 WHITE OR YELLOW ONIONS
GREEN PEPPER
BROCCOLI
EGGPLANT
1 MEDIUM POTATO
KALE

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN SOUP
HEALTHY REQUEST CREAM OF MUSHROOM
HEALTHY REQUEST CREAM OF CELERY
78.5 OZ. FAT-FREE CHICKEN BROTH
14.5 OZ DICED TOMATOES
45 OZ. TOMATO SAUCE
WORCESTERSHIRE SAUCE
ELBOW MACARONI
EGG NOODLES
SOLID WHITE TUNA IN WATER
LONG GRAIN WHITE RICE
BREADCRUMBS
GRATED PARMESAN CHEESE
2 (.87 OZ) CHICKEN GRAVY PACKETS

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
12 OZ. TURKEY SAUSAGE
FAT-FREE GROUND TURKEY

DAIRY/REFRIGERATED

FAT-FREE HALF AND HALF
REDUCED-FAT MEXICAN CHEESE, SHREDDED
PART SKIM MOZZARELLA CHEESE, SHREDDED
EGGS

SEASONINGS

GARLIC POWDER	ITALIAN SEASONING
SALT & PEPPER	DRIED MINCED ONION
ONION POWDER	OREGANO
PARSLEY	BASIL
PAPRIKA	RED PEPPER FLAKES

FROZEN FOOD

RICED CAULIFLOWER