



WEEKLY MEAL PLAN #46

SHOPPING LIST

PRODUCE

GARLIC
GINGER
CABBAGE WITH CARROTS
CILANTRO
LIME
2 YELLOW OR WHITE ONIONS
GREEN PEPPER

PANTRY/CONDIMENTS

SESAME OIL
REDUCED-SODIUM SOY SAUCE
BROWN RICE
PB2 POWDER
RICE VINEGAR
SPLENDA
30 OZ. TOMATO SAUCE
BROWN SUGAR
WORCESTERSHIRE SAUCE
TURKEY PEPPERONI
14.5 OZ. DICED TOMATOES
TACO SEASONING
3 CUPS FAT-FREE CHICKEN BROTH
BLACK BEANS
SPAGHETTI
FRENCH'S FRIED ONIONS

MEAT

3 1/2 LBS. BONELESS, SKINLESS CHICKEN
BREASTS
1 LB. FAT-FREE GROUND TURKEY
TURKEY SAUSAGE

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
REDUCED-FAT SOUR CREAM
MONTEREY JACK CHEESE
SWISS CHEESE
6 OZ. PRE-MADE BISCUITS
PART SKIM MOZZARELLA CHEESE, SHREDDED
EGGS

SEASONINGS

GARLIC POWDER	OREGANO
SALT & PEPPER	BASIL
ONION POWDER	ITALIAN SEASONING
DRIED MINCED ONION	

FROZEN FOOD

CHOPPED SPINACH