



WEEKLY MEAL PLAN #48

SHOPPING LIST

PRODUCE

GARLIC
3 YELLOW OR WHITE ONIONS
LEMON
CARROTS
CELERY
1/2 LB. POTATO
5 OZ. BABY SPINACH
8 OZ. WHITE MUSHROOMS
PARSLEY

PANTRY/CONDIMENTS

EXTRA VIRGIN OLIVE OIL
5 CUPS FAT FREE CHICKEN BROTH
3 CUPS BEEF BROTH
CORNSTARCH
3/4 1/2 OZ. TOMATO SAUCE
TACO SEASONING
ALL PURPOSE FLOUR
VODKA
FLATOUT FLATBREAD
GRATED PARMESAN CHEESE
EGG NOODLES
WORCESTERSHIRE SAUCE
MUSTARD
PASTA OF CHOICE (FOR VODKA SAUCE)

MEAT

1 LB. BONELESS, SKINLESS CHICKEN
TENDERLOINS
1 LB. 99% FAT FREE GROUND TURKEY
8 OZ. DICED HAM
12 OZ. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

REDUCED FAT FETA CHEESE
REDUCED-FAT MEXICAN CHEESE, SHREDDED
BUTTER
5 PRE-MADE BISCUITS (IN THE TUBE)
SKIM MILK
FAT FREE 1/2 AND 1/2
LIGHT CREAM CHEESE
PART SKIM MOZZARELLA CHEESE, SHREDDED
FAT FREE SOUR CREAM

SEASONINGS

SALT & PEPPER
PAPRIKA
PARSLEY