



# WEEKLY MEAL PLAN #49

## SHOPPING LIST

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### PRODUCE

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GARLIC  
3 WHITE OR YELLOW ONIONS  
2 RED ONIONS  
2 RED PEPPERS  
2 GREEN PEPPERS  
YELLOW PEPPER  
GINGER  
CILANTRO

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### PANTRY/CONDIMENTS

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2 CUPS BEEF BROTH  
REDUCED SODIUM SOY SAUCE  
CORNSTARCH  
OLE XTREME HIGH FIBER TORTILLAS  
SUGAR FREE BBQ SAUCE  
1 CUP FAT FREE CHICKEN BROTH  
SELF RISING FLOUR  
PEPPERONCINI'S  
15 OZ. TOMATO SAUCE  
LASAGNA NOODLES  
GRATED PARMESAN CHEESE  
BISQUICK HEART SMART  
LITE BALSAMIC DRESSING  
TURKEY PEPPERONI

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### MEAT

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95% LEAN GROUND BEEF  
1/4 LB. BOAR'S HEAD BLACK FOREST HAM  
1 LB. PORK TENDERLOIN  
1 LB. BONELESS, SKINLESS CHICKEN BREASTS

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### DAIRY/REFRIGERATED

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PART-SKIM MOZZARELLA CHEESE, SHREDDED  
FAT-FREE SOUR CREAM  
REDUCED-FAT MEXICAN CHEESE  
FAT FREE GREEK YOGURT  
PART-SKIM RICOTTA CHEESE  
REDUCED-FAT CHEDDAR CHEESE, SHREDDED

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### SEASONINGS

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

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### FROZEN FOOD

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CHOPPED SPINACH