



WEEKLY MEAL PLAN #50

SHOPPING LIST

PRODUCE

BASIL
2 WHITE OR YELLOW ONIONS
CELERY
CARROTS
LETTUCE
RED ONION
BROCCOLI (3 CUPS)
CHIVES

PANTRY/CONDIMENTS

32 1/2 OZ. TOMATO SAUCE
GRATED PARMESAN CHEESE
BOW TIE PASTA
PEPPERIDGE FARM CUBED STUFFING
FLOUR
46 OZ. FAT-FREE CHICKEN BROTH
SUGAR-FREE BBQ SAUCE
OLE XTREME HIGH FIBER TORTILLA
WHOLE GRAIN ROTINI PASTA
ITALIAN BREADCRUMBS
WORCESTERSHIRE SAUCE
DIJON MUSTARD
PANKO BREADCRUMBS
8 OZ. CRAB MEAT
2 CANS HEALTHY REQUEST CREAM OF CHICKEN
BISQUICK HEART SMART

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

REDUCED-FAT MEXICAN CHEESE, SHREDDED
PART-SKIM MOZZARELLA CHEESE
BUTTER
SKIM MILK
REDUCED-FAT CHEDDAR CHEESE, SHREDDED
FAT-FREE GREEK YOGURT
REDUCED-FAT SHARP CHEDDAR CHEESE,
SHREDDED
EGGS

SEASONINGS

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