



# WEEKLY MEAL PLAN #55

## SHOPPING LIST

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### PRODUCE

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GARLIC  
2 ORANGES  
GINGER  
2 PACKS OF GREEN ONIONS  
1 YELLOW OR WHITE ONION  
2 CUPS BROCCOLI  
SHREDDED CARROTS  
ZUCCHINI  
RED PEPPER  
RED ONION  
10 OZ. CHERRY TOMATOES

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### PANTRY/CONDIMENTS

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SESAME OIL  
REDUCED SODIUM SOY SAUCE  
HONEY  
CORNSTARCH  
7 CUPS FAT-FREE CHICKEN BROTH  
LONG GRAIN WHITE RICE  
RAMEN NOODLES  
SRIRACHA  
RICE VINEGAR  
BROWN SUGAR  
MEDIUM SHELLS  
PESTO

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### MEAT

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3 1/2 LBS. BONELESS, SKINLESS CHICKEN  
BREASTS

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### DAIRY/REFRIGERATED

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REDUCED FAT MEXICAN CHEESE, SHREDDED  
FAT-FREE SOUR CREAM  
SWISS CHEESE  
EGGS

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER  
ONION POWDER  
TOASTED SESAME SEEDS