



WEEKLY MEAL PLAN #52

SHOPPING LIST

PRODUCE

GARLIC
1 WHITE OR YELLOW ONION
1 RED ONION
CABBAGE
LIME
CILANTRO
BROCCOLI
BASIL

PANTRY/CONDIMENTS

JERK SEASONING
SRIRACHA
STREET TACO CORN TORTILLAS
8 OZ. CHICKEN BROTH
CLASSICO 4 CHEESE AFLREDO
SPAGHETTI NOODLES
LOW POINT SPAGHETTI SAUCE
GRATED PARMESAN
ITALIAN BREADCRUMBS
29 OZ. TOMATO SAUCE
JUMBO PASTA SHELLS

MEAT

MILLER CHEDDAR SAUSAGE
2 LB. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. PORK TENDERLOIN
1/2 LB. 90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

PART-SKIM MOZZARELLA CHEESE, SHREDDED
FAT-FREE SOUR CREAM
CHEESE TORTELLINI
EGGS

SEASONINGS

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

FROZEN FOOD

ORE IDA DICED HASH BROWNS