



WEEKLY MEAL PLAN #53

SHOPPING LIST

PRODUCE

GARLIC
2 LIMES
CILANTRO
RED ONION
2 YELLOW OR WHITE ONIONS
5 CUPS BABY SPINACH
2 PEPPERS (YELLOW, RED OR ORANGE)

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN
REDUCED-FAT RITZ CRACKERS
BLACK BEANS
ITALIAN BREADCRUMBS
WORCESTERSHIRE SAUCE
EXTRA VIRGIN OLIVE OIL
36 OZ. CHICKEN BROTH
WHITE BEANS
4 OZ. DRIED GREEN CHILIES
CORNSTARCH
RIGATONI
30 OZ. TOMATO SAUCE
GRATED PARMESAN CHEESE
MARINARA SAUCE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
SKIM MILK
REDUCED-FAT MEXICAN CHEESE, SHREDDED
REDUCED-FAT CREAM CHEESE
EGGS
PART-SKIM RICOTTA CHEESE
PARMESAN CHEESE, SHREDDED

SEASONINGS

GARLIC POWDER	DRIED MINCED ONION
SALT & PEPPER	CUMIN
ONION POWDER	OREGANO
PARSLEY	BASIL
CHILI POWDER	ITALIAN SEASONING

FROZEN FOOD

PEAS AND CARROTS
RICED CAULIFLOWER