



WEEKLY MEAL PLAN #54

SHOPPING LIST

PRODUCE

2 YELLOW OR WHITE ONIONS
2 GREEN PEPPERS
RED PEPPER
GARLIC
LEMON
BROCCOLI (FRESH OR FROZEN)
1 POTATO
CHIVES

PANTRY/CONDIMENTS

45 OZ. TOMATO SAUCE
BROWN SUGAR
WORCESTERSHIRE SAUCE
TACO SEASONING
LINGUINE PASTA
EXTRA VIRGIN OLIVE OIL
18.5 OZ. CHICKEN BROTH
CORNSTARCH
4 CUPS BEEF BROTH
INSTANT RICE
HEALTHY REQUEST CREAM OF MUSHROOM
HEALTHY REQUEST CREAM OF CELERY
HEALTHY REQUEST CREAM OF CHICKEN
EGG NOODLES
SOLID WHITE TUNA IN WATER
HAMBURGER BUNS

MEAT

2 LBS. 99% FAT FREE GROUND TURKEY
1 LB. PORK CHOPS

DAIRY/REFRIGERATED

5 PRE-MADE BISCUITS
REDUCED-FAT MEXICAN CHEESE, SHREDDED
SHREDDED PARMESAN CHEESE
FAT-FREE HALF AND HALF
SKIM MILK

SEASONINGS

GARLIC POWDER
SALT & PEPPER
ITALIAN SEASONING
ONION POWDER
PARSLEY

FROZEN

PEAS