



WEEKLY MEAL PLAN #58

SHOPPING LIST

PRODUCE

5 OZ. BABY SPINACH
GARLIC
2 WHITE OR YELLOW ONIONS
BROCCOLI
EGGPLANT

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN
FLATOUT FLATBREAD
GRATED PARMESAN
ALL PURPOSE FLOUR
EXTRA VIRGIN OLIVE OIL
SESAME OIL
REDUCED SODIUM CHICKEN BROTH
REDUCED SODIUM SOY SAUCE
CORNSTARCH
30 OZ. TOMATO SAUCE
BREADCRUMBS
GRATED PARMESAN CHEESE
BISQUICK HEART SMART
RICE (OPTIONAL)

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. PORK TENDERLOIN
1 LB. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

5 PRE-MADE BISCUITS
FAT FREE SOUR CREAM
REDUCED FAT MEXICAN CHEESE, SHREDDED
LIGHT CREAM CHEESE
PART SKIM MOZZARELLA CHEESE, SHREDDED
REDUCED FAT FETA CHEESE
EGGS
REDUCED FAT CHEDDAR CHEESE, SHREDDED
SKIM MILK

SEASONINGS

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

FROZEN

CARROTS, PEAS AND CORN